

FITNESS INSTRUCTOR Ben Vaitkevicius

I am a certified Personal Trainer with a passion for health, fitness, and helping individuals achieve their wellness goals.

My commitment to promoting a healthier lifestyle extends beyond just exercise, as I believe in fostering mental well-being and sustainable habits for lasting results as well as empowering and guiding everyone who is training with me on the journey to improved physical fitness and overall health.

SPECIALTIES

- Strength training
- Boxing
- Body recompositing
- Compound exercises
- Mobility & flexibility
- Online coaching

QUALIFICATIONS

- BSc's Sport and Exercise Science
- First aid qualified
- Practical influencing techniques
- IUSCA certificate in strength and conditioning



ben@yclub.org.uk
[benv_fitness](https://www.instagram.com/benv_fitness)

