

FITNESS INSTRUCTOR Harry Harwood

With my sessions you will be given 100% during and after. I provide motivation to help you achieve your goals whether that be to gain muscle, lose fat or improve overall health. **I will make sure every session is enjoyable for you and push you to your limits or even limits you didn't think you could reach.**

SPECIALTIES

- strength training
- boxing
- body recompositing
- compound exercises
- mobility & flexibility
- online coaching

QUALIFICATIONS

- Level 2 Fitness Instructor
- Level 3 Personal Trainer
- Level 3 Sports Coaching



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