

PERSONAL TRAINER PROFILE

Michael Afriyie

How do you book me?

Call: **07538132472** Email: Lakala_fitness@hotmail.com
or ask at reception for my details.



My Qualifications **About me**

Personal Trainer

Level 3(Practitioner)
Level 3 (NASM)

Lakala Fitness – Transform Your Body. Elevate Your Performance.

Hi, I'm Mike, a Level 3 Fitness Instructor and Personal Trainer with extensive experience coaching athletes from grassroots to professional level. If you're serious about improving your fitness, performance, or overall health, you're in the right place. My coaching focuses on agility, stamina, speed, plyometrics, and overall performance, helping athletes reach their full potential on and off the pitch.

offer 1-to-1 and small group training designed to deliver real, measurable results. Whether you're:

- Looking to lose weight and build confidence.
- Wanting to improve your fitness and lifestyle.
- Or aiming to develop speed, agility, and performance for football.

take the time to understand each client's lifestyle, allowing me to create realistic, tailored programmes that deliver lasting results. My sessions are simple, intense, and results driven. I focus on pushing your body to adapt while supporting you mentally to stay consistent and disciplined. No wasted time. Just progress.

Message me today to book your first session and start seeing real results.

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I'm regulated by:

The Chartered Institute for the Management of Sport and
Physical Activity (CIMSPA) Member number 35366

let's do
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