

PERSONAL TRAINER PROFILE

David Mumford

How do you book me?

Call: **07401 325 400**

Email: dave.wiseworkouts@gmail.com

or ask at reception for my details.



My Qualifications About me

Personal Trainer
Level 3(Practitioner)
Level 3 (NASM)

Hey, I'm Dave, I'm a friendly, personable and approachable trainer who is motivating and knowledgeable. Qualified up to Level 3 Personal Trainer, I genuinely enjoy helping people achieve their goals through clear and concise planning and motivated sessions.

If you're looking to improve yourself, if you would like help with session planning or guidance, if you're not sure where to start or if you just need some motivation, then feel free to reach out to me on the details provided and... Let's get going!

My specialties

- HIIT workouts
- Overall conditioning
- Core and Ab routines
- Strength Training
- Weight Loss
- Nutritional + Recovery advice
- Clear Planning and goal setting
- Friendly and Honest Advice

MORE PT

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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