

Carla Haines

Qualifications

- BSc Strength and Conditioning.
- FdSc Strength, Conditioning and Sports Coaching.
- L3 Personal Trainer
- CYQ Level 2 Advanced Gym Instructor.
- ASA Level 1 and 2 Swim Teaching and Coaching.
- Bronze Level Schwinn Cycling Coach.

Areas of Specialism

- TRX Suspension Trainer.
- Cycling and Triathlon Specific Programs.
- Strength and Conditioning Specific Programs for Athletes.
- Olympic Lifting
- Core Conditioning
- Circuit Training



About Me

I was introduced into sport at a very young age and have always been interested in health and fitness.

I have competed at various disciplines such as Mountain Biking, Triathlon, Swimming and Cross Country Running; from regional to international level. With this I have learnt a variety of training strategies that work for athletes.

When it comes to designing programs I like to add variety & enjoyment as well as working hard. I like to encourage members to get out of their comfort zone; with the right mind set and physical capabilities, it is possible!

I have been working in the fitness industry for 3 years and have been swim teaching for 6 years.

Outside of work and training, I love walking the dogs, camping and surfing in Cornwall; mainly spending time in the great outdoors.