

Ian Major

Gym Instructor



About Me:

Fitness has been a huge part of my life; I started training and using gyms at 16 years old and I spent 16 years in the Armed Forces. I want to help people of all ages reach their fitness goals, no matter their ability.

Qualifications

- Level 5 PT & Nutrition
- Level 4 Advanced Personal Training
- RSPH Level 4 Nutrition
- Level 2 Gym Instructor
- Pre & Postnatal Exercise and Nutrition VTCT Level 3
- Nutrition for Sport & Exercise
- Nutrition & Weight management adviser
- Menopause & programming
- GLP-1 Advice & programming
- Advanced resistance training

Specialising In

- Resistance training
- Muscle gain
- Fat Loss
- Hiit training
- Armed forces prep