



# BEN CLAYPOLE

## QUALIFICATIONS -

Level 2 International Strength Coach  
Biosignature Practitioner  
PIMST Practitioner (Poliquin Instant Muscle Strengthening Techniques)  
Dip Sport Coaching (Aust-Chisholm Institute)

## SPECIALISATION AREAS -

Fat Loss - 12 week body transformation programmes  
Beach Body transformations  
Sport specific strength training

## ACHIEVEMENTS -

Professional Cricketer 1998 to 2010  
Developed a successful Personal Training Company (CityFitness PT)  
Trainer for several professional sports men and leading ladies in West End Musicals

## INSPIRATIONAL QUOTES -

"A little less conversation, a little more action!"