



# CHARLES BREEDEN

## QUALIFICATIONS

Reps Level 3  
Boxing  
Fight Fit Boxing Instructor  
Spinning  
Circuit Training  
Nutrition

## SPECIALISATION AREAS

Functional Strength and Conditioning  
Gymnastics  
Mind Training and Stress Reduction  
Boxing  
Nutrition and Weight Loss  
Flexibility

## ACHIEVEMENTS

All Star Lanes - Co-founder and Shareholder  
Lonsdale (Time Out Best Bar 2003) Founder and Owner 2002-2009  
18 years of Gymnastics  
High Diving - Wildlife on One double for Acapulco Cliff Divers  
Golf - 2 handicap  
Microlight PPL

## INSPIRATIONAL QUOTE

"The only limitations in life are the limitations you put on yourself."