



# MATTHEW HUNTER

## QUALIFICATIONS -

Reps Level 3  
BA Sports and Fitness Studies University Degree  
Paul Check Functional Training Certification  
Paul Check Stability Ball Training  
Reebok Core Conditioning  
YMCA Resistance Training and Circuit Training Certification  
NSCR Advanced Studio Cycling Instructor  
BAWLA Certification  
Power Plate Instructor

## SPECIALISATION AREAS -

Functional / Integrated Strength Training  
Core Conditioning  
Circuit Training  
Studio Cycling / Spinning  
Group Training

## ACHIEVEMENTS -

English Schools Athletics Finalist Pentathlon (9th in the UK)  
English Schools finalist cross country  
English Schools county champion 100m, 200m, 400m, high jump,  
long jump  
Great White shark dive (Australia 2011)

## INSPIRATIONAL QUOTES -

"That which does not kill us makes us stronger"