



MURAD AHMED

QUALIFICATIONS -

Reps Level 3
Advanced Gym Award
Circuit Training Instructor
Indoor Cycling Instructor
Power Plate Instructor
Core Stability

SPECIALISATION AREAS -

Weight loss
Muscle strength and growth
Core and functional training

ACHIEVEMENTS -

I've grown up playing competitive sport. At 11 I was in the athletic team for 100m run and played football. I was training with the under 15 semi pro basketball team. My biggest achievement is the change to the way I look. I've been training and working in the fitness industry for 12 years working my way from a fitness instructor to a Personal Trainer. I have also had the privilege of training many high profile clients.

INSPIRATIONAL QUOTES -

"Give me your time and effort, I promise the best results."