



SHAUN STAFFORD

QUALIFICATIONS -

Reps Level 3
Poliquin Strength and Conditioning Specialist (PICP L3)
Poliquin Biosignature Practitioner (Biosig 1)
BA (Hons), Keble College, Oxford University
Advanced Kettlebell Instructor
SAQ License Holder

SPECIALISATION AREAS -

Fat Loss and Muscle Building
Sports Performance and Injury Rehabilitation
Strength and Power Training
Kettlebell Training

ACHIEVEMENTS -

Worked with top level athletes, including professional rugby players, cricketers and golfers
Regular writer for Men's Fitness magazine
Worked for Warner Brothers on films including '300' and 'Beowulf'
Competed in 5 winning Varsity matches Oxford University
Fame UK Fitness Champion 2011

INSPIRATIONAL QUOTES -

"Go hard or go home! There are no shortcuts to anywhere worth going!"