

nicol & booth

STRENGTH & CONDITIONING

LICENSED BRITISH WEIGHTLIFTING COACH
POWERLIFTING COACH
EXPERIENCED AND REGISTERED PERSONAL TRAINER
REGISTERED YOGA TEACHER

Profile

Number: 07759348692

Email: info@personaltrainingblackpool.com

Website: www.personaltrainingblackpool.com

Previous Experience

Fylde Coast YMCA

- Gym instructor
- Personal trainer
- GP referral officer
- Exercise referral support officer
- Kettlebell instructor
- Spinning instructor
- Yoga teacher
- Step instructor
- Conditioning bootcamp instructor
- Synrgy Instructor
- M.E.N.D instructor

Neilson Active holidays (Messin, Lesvos, Vounaki, Sivota)

- Head of fitness
- Personal trainer

Blackpool and the Fylde college sports centre

- Yoga teacher
- Pilates instructor
- Life programme lead

The Gym

- Pilates instructor
- Yoga teacher

Viva partnership

- Student Mentor

Commonwealth games 2014

- Athlete services volunteer

A.L.S (Active Leisure Solutions)

- Coastal Active programme lead

DW sports

- Personal trainer

Wellsprings Weight loss Camp

- Camp volunteer

YMCA national centre

- Day camps instructor

Current Work

Fylde Coast Weightlifting

- Co- founder and Lead coach

Fleetwood Rugby Union Club

- Strength and conditioning coach

Blackpool and the Fylde college - University Campus

- Guest lecturer - Strength and conditioning / sport science

Fortitude Fitness

- Freelance personal trainer and coach

Education

Level 3 Personal training

Level 3 Advanced Sports Nutrition

Level 3 Pre and Post Natal exercise

Level 3 GP referral

Level 3 advanced anatomy and physiology

Yoga TTC 200hr (multistyle)

Level 2 1st4sport Weightlifting coaching - British weightlifting

Level 1 1st4sport Weightlifting coaching - British weightlifting

British weightlifting coaching license (Ref:1048)

Level 1 Powerlifting coaching - British powerlifting (GBPF)

Inspiring positive behaviour in sport

Advance resistant training (assessments, techniques and prescription)

Level 2 gym instructor

Level 2 Nutrition and weight management

Psychology of behaviour change

Complete kettlebell instructor

Mat Pilates fundamentals

Core stability and torso training

SUPfit level 1 instructor

SUPfit level 2 instructor

Exercise for ultimate fat% loss

Circuit training instructor

Spinning instructor clinic

Childhood nutrition and obesity prevention

Basic step instructor

Choreography and conditioning

Level 2 Leadership skills

Level 2 Employment skills in active leisure