

BE X FITNESS

PT BIO TOM ENGLAND

Protein Dynamix and Olympiada Gear Ambassador

Best thing about me:

Quietly confident trustworthy

My knowledge:

- Over 5 years studying in Sport and Exercise Science, including modules in nutrition, psychology and physiology)

My qualifications:

- Certificate in Kettlebell Training
- Level 2 Gym Instructor
- Level 3 Personal Trainer
- Level 3 Sport and Exercise Science
- BSc (Hons) Sport and Exercise Science

My achievements:

- Black Belt Karate
- Completed Lyke Wake Walk and Crosses Walk
- Completed Bungee Jump and Skydive
- Vice Captain Sheffield Hallam Rowing Club 2014 (Mens 4+ Yorkshire Head 5000m Race - 1st Place)
- UK Ultimate Physiques Northern Champion 2017 and UK Ultimate Physiques British Finalist 2017

My hobbies:

- Fitness, nutrition and training
- Adrenaline activities
- Camping and hiking
- Holidays
- Cinema



My favourite food:

Nandos

My favourite book:

Strongman: My Story (Eddie Hall)

My favourite movie:

Avengers

My favourite holiday:

Greek Islands

My Contact:

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@Be_Xfitness



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