

BE X FITNESS

PT BIO FRANCIS SPRENGER

Best thing about me:
I listen!

My skills:
My main skill is getting a person from where they are currently to where they would like to be! I have a proven track record with transforming people's physiques and I guarantee results.

My Knowledge:
Over 3 years of education and experience in the fitness industry learning how to drastically change a person's body for the better.

My Hobbies:
Lifting weights, eating, learning and sleeping.

My Qualifications:
Personal Training Level 3
Fitness Instructor Level 2
Fitness Instructor Level 1
Certificate in Sports Nutrition
Certificate in Functional Training
Certificate in Strength Training
Certificate in Kettle Bell Training
Certificate in Power Bag Training
Certificate in Suspension Training
Certificate in Gym Based Boxing
Certificate in Circuit Training
Certificate in Spinning

My Contact:
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My Favourite Book:
How to win friends and influence people

My Favourite Food:
Spinach Meatballs

