

BE X FITNESS

PT BIO CARLTON MASON JOSEPH



Call me:
CJ

My skills:
Transferring a mental image into a physical apparition,
installing a new mind set towards healthy eating and lifestyle.

My Knowledge:
CYQ Nutrition level 3, level 3 personal trainer, Gym instructor level 1
and level 2 BTEC Sports & Exercise Science level 3.

My Qualifications:

- BTEC Sport's Exercise Science Level 3
- Level 3 Personal Trainer
- Level 2 Gym Instructor
- Level 1 Gym Instructor

My Hobbies:

My spare time consists of spending time with family, training
both with weights and pad work in the form of muay thai.
Also like to kick back and watch films or going out for social events.

My Favourite Book:
Andy McNab, Seven Troop

My Favourite Food:
Thia Food

My Favourite Holiday:
Ibiza 2016 for a family wedding!

My Contact:

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