

BE X FITNESS

PT BIO ADAM COPLEY

Best thing about me:

Commitment to the client, love of adventure and innovation.

My skills:

- Injury rehabilitation.
- Fat loss and conditioning.
- Performance coaching.
- Aesthetic results.

My Knowledge:

- Olympic weightlifting.
- Compound strength training.
- Functional fitness.
- Nutrition plans.

My Hobbies:

- Enduro mountain bike.
- Cross country mountain bike.
- A beer or coffee after either of the above.
- Exploring with my dog.
- Food.
- Movies and music.

My Qualifications:

- BSc sports strength and conditioning
- L3 PT
- Phil Richards STAAD
- Phil Richards science of fat loss
- Phil Learney advanced academy
- Phil Learney Advanced hypertrophy
- First aid
- Olympic weightlifting



My Favourite Book:

You can't read a bike

My Favourite Food:

Home cooked pie and peas with mint sauce, gravy, chips and a pint of old p!!
On a weekend of course!!!

My Favourite Holiday:

Devon, quad biking (wheelies included)

My Contact:

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@Be_Xfitness



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