

BE X FITNESS

PT BIO BEN MAHMOUD

Why should you train with me:

My main skill is the ability to set realistic goals with clients, make a sustainable plan in which I will support them through and not only get them there, but give them the knowledge and direction to continue to progress alone in the future. I have the understanding of individual circumstances, obstacles and priorities in daily life and how they can effect reaching your goal, but more importantly how to work with or overcome them.

I have many years experience in both Elite sport and amateur fitness contexts, so have the ability to adapt. Providing support regardless of the ability or experience.

With the knowledge and experience I have, It comes naturally to identify otherwise unknown problems and provide ongoing nutrition/strength and conditioning and even general fitness support.

Believe it or not I actually love my job! Getting people to smash through their goals and making positive lifestyle changes is so fulfilling, it motivates me to continually help and give clients the push and guidance they need.

My knowledge:

- BSc Sport and Exercise Science degree covering a range of modules from nutrition and psychology to biomechanics and physiology.
- Having an elite sporting background means I am personally aware of the struggles and stress which comes with pushing yourself to the limit.
- Experience working as a Sports scientist internationally (Qatar/Dubai)



My qualifications:

- Level 3 Personal Training
- BSc Sport and Exercise Science
- BTEC Sport, Fitness and Development Coaching level 3 + A level Sport
- First aid at work

My hobbies:

- Eating
- Lifting
- Travelling
- Trying new things!

My favourite food:

Pizza, would live off it if I could.

My favourite book:

Legacy by James Kerr

My favourite holiday:

Ibiza so far but I intend on breaking it!

My Contact:

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