

RITCHIE BERRIE

PERSONAL TRAINER - BPT

SUMMARY

I'm the owner of Berrie's Personal Training - An online personal training and nutritional consultancy. We have been operating for six years and have a great reputation in the local area.

MY EXPERTISE

- Effective programming and periodisation
- Multi skilled in a range of styles
- Experienced in competitive sports
- Good knowledge of corrective exercise and rehabilitation.
- As a former obese/overweight person, i can relate to a clients journey
- Background of training with some of the UKs best coaches.

RELEVANT EXPERIENCE

Head Coach Berries Personal Training

| August 2016 - present

- Training clients in the comfort of their own homes.
- Offering a range of styles from HIIT, to rehabilitation, yoga, and functional fitness
- Conducting nutrition seminars and postural screenings.
- Managing two members of staff

Train Learn Go

Mobile Personal Trainer | April 2015 - June 2016

- Visited clients in their own homes
- Conducting consultations, sales, and nutrition screenings

EDUCATION

The Training Room

REPS Level 3 Certificate

June 2015

The aim of this Level 3 Diploma in Exercise Referral qualification is to train learners to a professionally competent level, enabling them to design, plan and deliver safe and effective exercise programs within a gym or health club environment as a Level 3 GP and Exercise referral.

Extras

Martial Artist

Qualified in Class based exercise, kettlebells and boxercise.

Actively studying nutrition and corrective exercise

HOW TO CONTACT ME

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INTERESTS

I'm a keen martial artist and partake in distance running and resistance training. I am also a voice actor and a musician.