



Chris Shaw

Guaranteed results

07542920965

AS A SPECIALIST IN BACK CARE MY TRAINING PLACES FOCUS ON CORE STRENGTH AND STABILITY, AS WELL AS THE USE OF CORRECT TECHNIQUE.

THESE ARE VITAL IN THE PREVENTION AND REHABILITATION OF BACK PROBLEMS WHICH ARE SO COMMON IN EVERYDAY LIFE.

- **LEVEL 4 BACK PAIN SPECIALIST**
- **ADVANCED PERSONAL TRAINER**
- **KTA CERTIFIED KETTLEBELL INSTRUCTOR**

SPECIALISING IN

- **POSTURAL CORRECTIVE EXERCISE**
- **CORE STABILITY AND BACK CARE**
- **WEIGHTLOSS**
- **NUTRITIONAL ADVICE**

"HAVING LOST EIGHT STONE, HALVED MY RESTING HEART RATE, AND RID MYSELF OF BACK PAIN, CHRIS HAS GIVEN ME MY LIFE BACK."

JUSTIN BENTLEY



CLUBCLASS



ADVANCED PERSONAL TRAINER