

PERSONAL TRAINER PROFILE

Cam Munn

How do you book me?

Email: cam.munn1@serco.com **Tel:** 07572085970

Instagram: @cam.munn98
or ask in the Gym for my details.



My Qualifications

Level 2 Fitness
Instructor

Level 3 Personal
Trainer

Certificate in
Nutrition and Weight
Management

About me

About me

I have a passion for gym instructing and helping people achieve their goals whilst building a level of confidence for each individual person. Whether it be building muscle mass or reducing body fat I always ensure that each session is made to be as efficient and as engaging as possible to bring the best results for each client.

I can support you on the following services:

-1:2:1 Personal training -Regular check ins and support outside the training sessions -Buddy/group PT

My specialties

- Strength & Muscle Building
- Fat Loss
- Nutrition Advice
- Bespoke Progressive Programming

I'm regulated by:
The Chartered Institute for the Management of Sport and
Physical Activity (CIMSPA) Member number 35366

let's do
MORE