

PERSONAL TRAINER PROFILE

Wayne Lakin

How do you book me?

Email: wayne.lakin@serco.com **Tel:** 07356 312135

Instagram: wayne_lakin73
or ask in the Gym for my details.



My Qualifications

Level 3 Personal Trainer

Level 4 Strength & Conditioning Coach (S&C Ed)

British Weightlifting Instructor

British Weightlifting Coach

Group Cycling Instructor

Tabata Master Trainer

British Indoor Rowing Certificate

Coaching Adolescence

KBT Functional Assessment

First Aid

Mental Health First Aid

About me

With over 20 years in the fitness and elite sport industry, I bring a wealth of experience as a former British & Commonwealth Judo Champion and Team GB athlete. I have worked with everyone from complete beginners to Olympic level athletes, specialising in strength & conditioning, functional training, and long-term development.

Qualified to a Level 4 and certified in weightlifting, judo, functional assessments, mental health first aid, and youth coaching, I deliver expert, accessible training tailored to every individual's goals, abilities and needs.

Programs will either be on an app or through WhatsApp

My specialties

- General Fitness & Starting With The Basics
- Free Weight Technical Correction
- Adolescence Training
- Muscular Endurance
- Functional Training
- Sports Specific Training
- Training For Life
- Olympic Weightlifting

I'm regulated by:

The Chartered Institute for the Management of Sport and Physical Activity (CIMSPA) Member number 35366

let's do
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