



CONNOR CLARK

Personal Trainer

CONTACT

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📍 uGym Tillicoultry

QUALIFICATIONS

- Level 3 Personal Training
- Level 2 Gym Instructor
- HND Coaching and Developing Sport
- Emergency First Aid At Work



About Me

I came into health and fitness at the age of 12 through rugby. I played through the SRU National Age Grade and Academy System where I went through numerous strength and conditioning programmes. From this I developed a passion for the gym, fitness and coaching. This led me to undertake a HND in Coaching and Developing Sport at Edinburgh College. Through this I was able to further my coaching abilities and knowledge.

I want to help people in any way I can, whether that be their confidence, strength skills or self-esteem. I believe that with hard work and dedication anyone can achieve anything regardless of where they come from or where their starting point is.

Specialities

- Strength Gain
- Sports Specific
- General Health and Fitness