



GERRY HIGGINS

Assistant Manager

*Head of Youth Development
Academy*

CONTACT

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QUALIFICATIONS

- Level 3 Personal Training
- Level 3 Sports Massage Therapy
- Level 3 Exercise Referral
- Level 2 IKFF Certified Kettlebell Trainer
- Animal Flow Instructor
- GMB Coach
- World Calisthenics Organisation Coach



About Me

Having spent 23 years in the military I needed a change of direction in my career so I completed a Level 3 in Personal Training and Sports Therapy Massage. My journey has taken me around Europe and the Middle East and I've learned from some of the best coaches in the business from Olympic Lifting to Kettlebells, calisthenics and pre/rehab exercises. I've been fortunate enough to work on a UK tour with WWE and backstage at many music festivals. The desire to move better is at the heart of everything I do in training and coaching. Strength and power are great, but do you have the total body control to perform difficult skills and moves in a way that looks easy?

Specialities

- Strength & Conditioning
- Pre/Rehabilitation
- Building muscle