



GREG MARSHALSEY

Personal Trainer

CONTACT

✉ greg@ugym.fitness

📷 GMpersonaltraining4u

📍 uGym Tillicoultry

QUALIFICATIONS

- Level 3 Personal Training
- Level 2 Gym Instructor
- Spin Qualified
- Emergency First Aid At Work



About Me

Hi, I'm Greg

I have had a real passion for health and fitness from an early age as I played rugby for Stirling county while at school and fitness was a big aspect of playing.

After school, I gained my level 2 and level 3 personal training qualifications along side group fitness qualifications such as spin, metafit and insanity.

I have competed in crossfit competitions and really built up the love for functional fitness.

I have also had many years training bodybuilding and programming for a huge variety of clientele.

With 2 young kids my life can be very busy, which allows me to relate and understand peoples busy lifestyles.

My goal in life, is to be fit and healthy to make sure I can have the best possible life with my children.

If you struggle to find time, or would like any help managing your times to work out, please just catch me for a chat in the gym. Feel free to send me a message for any online coaching or PT enquiries

Specialities

- Functional Fitness
- Weight loss
- Building muscle