



IONA STEADMAN

*Youth Academy Coach &
Strength & Conditioning Coach*

CONTACT

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QUALIFICATIONS

- MSc Strength + Conditioning
- BA Sport Studies & Psychology
- Level 3 Personal Training
- Level 2 Gym Instructor
- Emergency First Aid At Work



About Me

Hello, I'm Iona

Throughout my life I have been involved in sport/fitness in some way or another. I played a variety of sports and was a swimming coach for 8 years. I currently train using CrossFit and Strength & Conditioning methods. My goal is to live life to the best and to be the best version of me.

My passion lies in coaching females to gain confidence and hit their goals in a fitness environment through weights training, conditioning and support. I want to inspire females to embrace what they have and not to be influenced by what they see on social media. Alongside this I have a growing interest in the psychology side of sport/fitness which I believe allows me to build better relationships with people.

Come say Hi if you see me around!

Specialities

- Strength + Conditioning
- Female Lifting + Confidence
- Youth Development Academy