



JACK URQUHART

General Manager and Hybrid Athlete Coach

CONTACT

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QUALIFICATIONS

- MSc Physiology & Sports Science
- Level 3 Coach in Strength & Power
- Level 3 GP Exercise Referral
- Level 2 Gym Instructor
- Emergency First Aid At Work



About Me

Let me tell you a bit about me:

Health and fitness has always been a huge part of my life playing rugby for 20+ years and more recently moving my training solely into gym. I have tried almost every training style and after 13 years in the gym I have come to realise there is not one single approach that is right. That is why I have created my own hybrid approach targeting anyone's specific situation from a fully advanced Olympic Lifting Hybrid plan to a Busy Parent Hybrid plan.

I believe that hard work, consistency and most importantly discipline to your training will reap the rewards and drive you towards the goals you want by building a solid foundation to work from.

If you want a chat about my coaching approach, I am kicking around the gym a lot!

Specialities

- Strength and Power
- Hybrid Training Approach
- Body Composition