



STEVEN RAMSAY

Gym Instructor

CONTACT

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📍 uGym Tillicoultry

QUALIFICATIONS

- Emergency First Aid At Work
- Level 2 Gym Instructor

About Me

My main area of expertise lies within the realms of Bodybuilding. This is something I have been involved in for many years, taking it to a competitive level. I love nothing more than taking any opportunity to spend time with members and give them advice on form, techniques and different styles of training to help them in their journey and smash goals.

I started with uGym back in 2020 and it has to date been a great experience, getting involved with, and becoming a part of such a highly skilled and passionate team. This has opened up so many doors to me within the fitness industry. Each day is a school day, as they say, so I very much look forward to what still lies ahead!

Specialities

- Bodybuilding

