



# The Academy of Woodlands

## Personal Training

Woodlands Sports Centre  
Woodlands Road  
Gillingham  
ME7 2DU  
0300 065 8216



## Kyle McDowall

I have been a personal Trainer for nearly 4 years now. This ranges from assisting people to lose weight, sport specific training, gaining muscle or even a deeper understanding of how to use the equipment. I am currently a university of Kent student studying sports therapy. This helps me greatly when personal training due to having a better understanding of body mechanics and helping find me to find alternatives for clients.

### What you'll receive:

Detailed written workout plans

Contactable 24/7 via text message or email

Form correction with in-depth reasoning

Detailed performance progression

### Qualifications:

Level 2—Gym Instructor

Level 3—Personal Trainer

### Specialist Areas:

Hypertrophy

HIIT Workouts

Strength Training

Sport Specific Workouts

### Contact Me:

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