

Leon Gabbidon MSc, BA (Hons), Adv.Ex.Ins

Company Director and Executive Personal Trainer

Qualifications

- Working towards MSc Sport & Exercise Science
- BA (Hons) Sport Health & Exercise
- REPS Advanced Instructor Level 3
- CYQ Level III Personal Training
- VTCT Level III Diploma in Non-Medical Nutritional Advice
- I.F. Advance Cardiovascular Conditioning for Health and Performance
- I.F. Postural Assessment and Correction
- Premier Sports Massage Therapy
- Future Fit Training Gym Instruction
- NVQ Level II Gym Instruction
- E.B. Level II Basketball Coach
- XRL8 Silver Award
- XLR8 Bronze Award
- X Bike Instructor
- Boxercise Instructor
- Kickboxercise Instructor
- S.A.Q
- B.T.S Body Pump Instructor
- B.O.S.U Personal Training Award