



I always put my clients at the centre of my craft, with a firm belief that the best way to achieve your health and fitness goals is through attention to individual details and finding *enjoyment* in activity.

Whether you're a complete newbie looking to get into exercise, a regular gym goer who wants to take their programming to the next level, or a competitive athlete looking to gain an edge through focussed training; I can help, so get in touch.

Matthew Byers- MPB Health & Fitness

Contact

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Qualifications:

Reps Level 3 Personal Trainer

Reps Level 4 Exercise Prescription for Long Term Neurological Conditions

HND: Applied Sport & Exercise Science

Areas of Specialisation:

Strength and Conditioning

Injury Prevention

Exercise for Neurological Conditions

Exercise for Beginners