

# Andrew Dempsey

## *Personal Trainer*



### About me

I am a positive happy person who likes to reflect that into my work by instilling a positive atmosphere within the gym. I have an abundance of experience in rehabilitation within sporting settings, making a strong goal of mine creating training programmes/treatment very sport specific. I have had the privilege to work with a great range of athletes from Hockey Olympians to a current position with Corby Town football club. I consider myself very easily approachable and would be happy to help in any possible way; I believe everyone deserves that helping hand to achieve their goals.

### Qualifications

- Level 2 Fitness instructor
- Level 3 Personal Trainer
- BSc Hons Sports Therapy
- Spin Instructor
- Advanced Nutrition

### Specialities

- Weight loss and toning
- Strength and power training
- Core conditioning
- Advanced Nutritional advice
- Rehabilitation
- Sport Specific

### Contact me

**E:** [APD@uppingham.co.uk](mailto:APD@uppingham.co.uk)

**T:** 01572820830

**T:** 07563 904774