

Matt Perry

Personal Trainer



About me

Sport and fitness has always played an important part in my life. I have been involved in academy football teams and district cricket teams so I'm used to a tough training environment. Seeing short and long term goals being achieved is a passion of mine, helping clients towards these in any way I can, keeping a smile on my face along the way.

Qualifications

- Level 2 Fitness instructor
- Level 3 Personal Trainer
- Level 2 Circuit Trainer

Specialities

- Strength training
- Abs & core conditioning
- Weight gain and bulking
- Weight loss and toning
- Nutritional Advice

Contact me

E: MTP@uppingham.co.uk

T: 01572 820830

T: 07846 067281

Ethos

Work hard, play harder, train even harder than that!