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Bex Rowe

FAVOURITE FITNESS QUOTE

Squat like Tom Hardy's behind you

TRAINING BACKGROUND

After discovering a love for fitness when my dad bought me a road bike, and attending fitness classes at uni I decided to turn my passion into a profession and became a personal trainer. Soon after that I completed my exercise to music and found my love for teaching classes

QUALIFICATIONS

- PT level 3
- ETM Level 3
- Body Combat, Pump, Balance, Grit
- Yoga 200YTT
- Kettle Bells
- Indoor Cycling

TRAINING BEST SUITED FOR

- Body Composition
- Fat Loss
- Postural and Mobility
- Flexibility and Balance

FUN FACT

I taught Body Combat in Africa