



Emma Nunn

FAVOURITE FITNESS QUOTE

'If you bang your head against a wall for an hour, it burns 150 calories.'

TRAINING BACKGROUND

I used to do a lot of sport at school and competed nationally and internationally in rowing. I indulged often in road running and since completing my level 3 PT in 2014, have moved more towards enjoying short sharp training and weights. If I ruled the world my exercise routine would be just squats, Pairs rowing and boxing all day, every day.

QUALIFICATIONS

L3 Personal Trainer
Sports Nutritional Advisor
Spin instructor
Gym based boxing certificate
Outdoor circuits certificate

TRAINING BEST SUITED FOR

Small group HIIT training
One2one boxing for exercise

FUN FACT

I hold the world record for fitting the most amount of straws in my mouth at any one time, 266 by the way.