



Leon Chambers

FAVOURITE FITNESS QUOTE

If it was easy, everyone would do it

TRAINING BACKGROUND

After serving 10 years in the army where I represented the forces in competitive rugby and Battalion boxing, I left to pursue a career in the fitness industry.

QUALIFICATIONS

Lvl 3 Personal Training Diploma

Lvl 2 Gym Instructor

GP Referral

Spin Instructor

TRAINING BEST SUITED FOR

Strength and Conditioning

HIIT training

Combat Sports

FUN FACT

I once got a Pokemon tattoo.... yes I am that cool!