



Megan Bryson

FAVOURITE FITNESS QUOTE

'Hustle for that muscle'

TRAINING BACKGROUND

After moving to Cornwall 4 years ago for my art degree I found a love for fitness, especially weight training. On completion of my degree I decided I was going to make a career for myself in the fitness industry. I quickly qualified as a level 2 fitness instructor and spin instructor. I aim to be doing my ETM and level 3 PT courses soon.

QUALIFICATIONS

Level 2 Gym Instructor
Spin Instructor

TRAINING BEST SUITED FOR

Strength and Conditioning
Weight loss
HIIT training

FUN FACT

I had my first shot after being pressured by the rest of the health club team... at 22years old!