



*Peter Churchill*

## FAVOURITE FITNESS QUOTE

'Wake up determined, go to bed satisfied.' Dwain The Rock

## TRAINING BACKGROUND

I grew up surrounded by tennis and invasion sports. From a young age I competed in county Tennis, Basketball and Hockey and carried this through to university where I studied Strength and Conditioning as a degree.

## QUALIFICATIONS

BSc- Sports Coaching, Applied Strength and Conditioning  
Lvl 3 Personal trainer  
LTA lvl 3 Tennis Coach

## TRAINING BEST SUITED FOR

Injury rehabilitation  
Pre-surgical fitness  
Strength and conditioning  
Sports specific training  
Postural and mobility issues

## FUN FACT

I successfully coached and developed my girlfriend through powerlifting to qualify for the British and European Finals.... Yes, she is stronger than me.