



*Stephen Owen*

## FAVOURITE FITNESS QUOTE

Feel Good... Look Good!

## TRAINING BACKGROUND

My love for fitness started at an early age with participation in team sports founding the basis of my passion. I enjoy training outdoors using my own body weight and different formats of training to keep myself challenged and motivated.

## QUALIFICATIONS

- L3 Diploma Personal Training
- YMCA Core Stability
- Boxercise PT

## TRAINING BEST SUITED FOR

- Weight Loss
- Body Transformation
- Team Sport

## FUN FACT

Steve often sleep sings.... No talking! Full on lead vocals covering a small selection of well known tracks!!! 😊