



Vickie Robinson

FAVOURITE FITNESS QUOTE

'Keep your squats low and your standards high.'

TRAINING BACKGROUND

Having grown up in Falmouth I moved to Newcastle to train as a Sports Therapist working alongside rugby teams as part of their pitch side management team. Since then, I have developed my career as both a group-exercise instructor and GP referral specialist.

QUALIFICATIONS

- BSc Sports Therapy
- L3 Personal Trainer
- GP Referral Specialist
- Nutritional Advisor
- Injury Management and Rehabilitation specialist
- Les Mills Body Pump, Combat and GRIT
- Keiser Spin, AquaFit, MetaFit, Intrinsicity, TotalBodyWorkout.

TRAINING BEST SUITED FOR

- Sports Specific Training
- Injury Management
- Biomechanic Analysis

FUN FACT

You can't breathe through your nose with your tongue out