



Ben Harris

FAVOURITE FITNESS QUOTE

“Be a BAD ASS with a GOOD ASS!”

TRAINING BACKGROUND

I've always enjoyed being active and competed in multiple athletic disciplines, semi-pro football and Muay Thai boxing. Now I focus my passion on coaching others to achieve their own goals and ambitions.

QUALIFICATIONS

BSc (Hons) Sport Science and Coaching
Level 5 Advanced Exercise Nutritional Advisor
Level 3 Diploma in Personal Training
British Weight Lifting Coach
Les Mills BodyCombat, BodyPump and Grit Coach
1-2-1 and Group Boxing Instructor
Indoor Studio Cycling Instructor
IKFF Kettlebell Instructor
Biomechanics Trainer

TRAINING BEST SUITED FOR

1-2-1 Personal Training, Fat Loss, Body Composition, Lean Muscle, Athletic Performance, Nutritional Coaching and Lifestyle Change.

FUN FACT

I was once the national alligator wrestling champion.