

June 2020

Nicky says: 'I have been training with Regan twice a week for the past 6 months. I was previously going to a gym, following online tips / advice, and doing my own thing; however, I was not satisfied with the results I was seeing for my efforts.

I sat down with Regan during my consultation period and discussed what I was currently doing in the gym, the food I was eating and what my goals were.

The workouts are fantastic. Regan always mixes up the workouts so I never know what to expect. He always pushes me to my limits and gets that extra rep out of me that I do not think I have. I injured my wrist and shoulder playing hockey and Regan was able to tailor the workouts around these injuries for a few weeks during recovery. Regan is a great trainer with a huge amount of knowledge in all areas. He has educated me hugely around foods, diet, and the right times to eat to help me achieve my specific goals. I am seeing great results.

I would highly recommend Regan as a trainer!'