

PERSONAL TRAINER PROFILE

Jordan Gordon

How do you book me?

Instagram: [Jordangordon_pt](#)
or ask at reception for my details.



My Qualifications About me

Personal Trainer
Level 3

Gym Instructor
Level 2

Class

Qualifications:

- Indoor Cycling
- Metabolic Circuits

Gym Based Boxing

Academic:

- BA(Hons)

Hello, I'm Jordan and I'm a certified Personal Trainer at Stoke Mandeville Stadium. I have a background in sports and physical education plus outdoor adventurous activities and I have a great passion for fitness and helping others reach their goals.

Whether your goal is:

- Lose weight
- Gain muscle
- Tone up
- Increase core stability
- Increase strength
- General Fitness

I understand going to the gym can be daunting and even confusing.

My goal is to help you feel more comfortable in the gym and help you structure your workouts with a tailored program as well as holistically looking at your lifestyle and working together to create realistic and achievable goals.

My specialties

- Basic Induction to Gym
- Weight Loss
- Muscle Building
- Muscle Toning
- Strength Training
- Core Stability