

# pt profile



## Kibrom Teckle

### Qualifications

- Active IQ Level 3 Certificate in Personal Training
- Power Plate trainer
- Indoor cycle and circuit trainer
- Fight Klub and pad instructor
- Level 2 YMCA certificate
- Nutrition and weight management advice

Kibrom has been part of the fitness industry for ten years but throughout his life has pushed his own physical performance to constantly increase his extensive knowledge. He is experienced in both triathlons and half marathons and his personal passion lies in the world of kickboxing and boxing. Kibrom believes that anybody has the ability to achieve, simply by having a realistic goal and training hard. Being aware of your body through gaining knowledge gives everyone the opportunity to walk into a gym with confidence. His focus and attention to detail is infectious and through his motivational techniques Kibrom thrives on getting you results.

**Share the knowledge...Achieve the Goal**



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