

pt profile



Richard De-Schivanovits

Qualifications

- Exercise & Fitness Level 3
- Advanced Programming
- Alternative Training Environments
- Active Ageing
- Health Screening & Sports Nutrition
- Nutrition & Weight Management

With twelve years worth of Chinese Martial Arts experience and a Personal Trainer's Diploma, Richard has a thorough understanding of the human body. Numerous training trips to China and Malaysia have educated him empirically, with a specialised focus on flexibility development. Combining both theory and practice, alongside a six year history of coaching classes and one-to-one sessions, Richard offers the opportunity to reach a physical goal in a safe, effective, diverse and enjoyable fashion.

Great nutritional knowledge... get there faster by being smarter!



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