



MICHAEL ASPINALL

My goal is to have the most positive impact that I can on the lives of the people that I work with; helping them become the healthiest, happiest version of themselves. This goes well beyond helping people look the best they ever have, that's a given, this also covers performance, mindset, motivation and lifestyle. I'm passionate about helping people find the right balance for them, which means that they can enjoy their lives to the fullest whilst looking, feeling and performing how they want to. I have been a personal trainer, coach & fitness instructor since 2012 and have helped thousands of people achieve their goals.

Quote

"People don't care how much you know until they know how much you care"

-JTheodore Roosevelt.

What can you offer?

My passion is about helping "YOU" unleash your true potential in all areas of your life. When you believe in yourself and follow a proven step by step program your results are guaranteed. As your accountability partner, friend & personal trainer I promise to deliver a fun but challenging experience that will get "YOU" the body you desire & deserve.

Specialty Areas:

- Health & Wellness Programming
- Weight Loss & Total Body Transformations
- Strength & Conditioning
- Small Group Training
- Spin King "Motivation Master"

Qualifications

- Cert III in Fitness
- Cert IV in Personal Training
- Boxing for Fitness
- Cycle Excel L1
- Spartan Group x
- Sealfit SOF Immersion Academy
- Anthony Robbins - Mastery University
- Neuro - Linguistic Programming - SRI University
- John C. Maxwell Coach, Teacher, Trainer and Speaker

Philosophy

"Waste no more time arguing what a good man should be. Be One." - Marcus Aurelius