

Alvaro Da Silva



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Qualifications

Personal Trainer Award Central YMCA
Advance Techniques for Bodybuilding
Sports Nutrition
Fitness Pilates

Sometimes in our lives we look for something more, something that wouldn't only change only our bodies, physique temporary, and something that would change our whole lifestyle as well for good. Whatever your training needs, from putting lean muscle or losing a few pounds and increasing your fitness levels to improving strength and athletic technique at a professional level, I can provide you with a tailor-made solution with results you'll really notice.

EXPERIENCE AND EXPERTISE

With a comprehensive and extensive fitness career, beginning in Brazilian army, Alvaro can offer you a wide range of expertise. Trained by one of the top authority on body building in Brazil, he has been a professional bodybuilder since 1997 and specializes in body-sculpting, cardiovascular, conditioning and fat loss. He has gained further fitness experience from martial arts and triathlon was also integral to his training routine.

ALL WELCOME

Since Alvaro moved to the UK in 2001, he has helped a wide range of people with varying fitness needs to achieve their goals. Recovering from an injury, elderly, disabled (Special Population) and athletes have all benefited from his vast range of skills and positive outlook, as he is qualified as GP Referral too, advanced personal trainer.

THE MOTIVATION YOU'RE LOOKING FOR

Inspiring, motivating and above all, approachable, Alvaro will put you at ease then help you achieve your ideal health and fitness goals with realistic targets with plenty of enthusiasm and passion for his work.