

Alexx Xavier



Qualifications

YMCA Personal Trainer
Advanced Gym Instructor
Advanced Conditioning
Circuit instructor
C.H.E.K
Pilates Reformer
Pre & Post Natal
Fit to Deliver
REP's level 3

Hi, my name is Alexx. I am a YMCA qualified personal trainer and have been in the fitness industry for over 6 years. I enjoy working with a wide selection of clients, helping them achieve their individual goals.

I specialize in **corrective exercise** for **posture, lower back stability/strengthening** and also balancing **strength training** programmes with **core stability** to help achieve **optimal effect and results**.

My clients receive a first class package to suit their fitness and life-style requirements, in addition advice on;

**Weight Loss,
Body toning,**

**Hypertrophy (muscle growth),
Nutrition and supplement advice.**

My own sporting background includes Trampolining at junior level, cycling (BMX, mountain biking & road cycling), dancing and martial arts.