

## PERSONAL TRAINER PROFILE

# Becky

### How do you book me?

Email: [beckyfinney1104@gmail.com](mailto:beckyfinney1104@gmail.com)

Mobile - 07715596250



### My Qualifications

**Fitness Instructor**  
Level 2

**Personal Trainer**  
Level 3

**Black Belt 4<sup>th</sup> Dan**

### About me

Hi, I'm Becky, a Personal Trainer with a passion for CrossFit, functional training, weightlifting, and Karate.

My goal is to support clients in creating a healthier lifestyle, building confidence, and developing habits that last long-term.

My training style focuses on practical, effective workouts tailored to each individual, whether you're just starting out or looking to push your limits.

What makes me different is that I'm on my own health journey too. I understand how challenging it can be to stay consistent and build healthy habits because I work on them every day myself. This helps me bring empathy, honesty, and genuine support to every client I train.

Feel free to come and chat with me in the gym if you'd like support or have any questions!

I'm regulated by:

The Chartered Institute for the Management of Sport and Physical Activity (CIMSPA) Member number Physical Activity (CIMSPA) Member number - 034161

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