

PERSONAL TRAINER PROFILE

DJ

How do you book me?

Email: purecali@outlook.com

Call **01908377251**

or ask at reception for my details.



Hybrid Strength & Calisthenics

My Qualifications

Level 3 Personal Trainer

Level 2 Fitness Instructor

My specialties

- **Hybrid strength training (calisthenics + resistance training)**
- **Muscle building & strength development**
- **Bodyweight skill progression (pull-ups, push-ups, dips, levers and more)**
- **Functional strength & full body control**
- **Beginner to advanced strength coaching**
- **Progressive overload & performance training**

About me

Mixing calisthenics, strength training, and weighted bodyweight work to help you build power, size, and control. Real strength, real results, real change — helping you build muscle, boost confidence, and improve strength and ability in exercises such as pull-ups, push-ups, and more, helping you unlock full body control step by step. Whether you're a beginner or levelling up your strength, we train hard, stay consistent, and enjoy the process. Stronger every day.

Calisthenics completely changed my approach to fitness. I used to struggle with motivation and never really enjoyed working out — until I discovered calisthenics. Learning new movements and unlocking advanced skills pushed me to keep improving, build real strength, and actually enjoy the journey. What started as curiosity turned into a passion for getting stronger, moving better, and constantly challenging myself. Now I train to grow stronger every day and help others do the same.

I'm regulated by:

The Chartered Institute for the Management of Sport and Physical Activity (CIMSPA) Member number 35366

let's do
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