

## PERSONAL TRAINER PROFILE

# Brandon Jhall

### How do you book me?

Email [Coachedbybrandon95@gmail.com](mailto:Coachedbybrandon95@gmail.com)

Call **01908377251**

or ask at reception for my details.



### My Qualifications

- Level 3 Personal Trainer
- Level 2 Fitness Instructor
- Level 2 in Sport
- Level 2 in Leading Health-Related Activity Sessions
- Level 1 in Sport Support Services

### My specialties

- Powerlifting & Strength Training
- Physique Development & Body Recomposition
- Combat Conditioning & Fight Prep
- Athletic Performance & Functional Training
- Mindset & Mental Toughness Coaching

### About me

I've been an athlete for most of my life, competing across a wide range of sports. My journey in fitness and performance has shaped not only who I am, but also how I coach others.

- I'm a national powerlifting champion with multiple competition wins under my belt.
- I placed in the top 3 in a Men's Physique bodybuilding show, bringing a complete package to the stage.
- I've had multiple kickboxing and Muay Thai fights, proudly earning silver medals in both the WKO Muay Thai English and European Championships.
- I've also competed at a high level in football, consistently holding myself to elite standards—both physically and mentally.

With experience at the highest levels in strength, aesthetics, combat sports, and athletic performance, I bring a unique and versatile coaching approach to every session. Whether you're aiming to lift heavier, look sharper, fight harder, or move like an elite athlete, I tailor each session to your goals using proven methods from each discipline.

From technical powerlifting cues and physique-sculpting strategies to explosive athletic drills and fight-tested conditioning, I'll push you with intensity, precision, and purpose. My coaching is more than a workout—it's a mindset shift.

Contact me—it's time to level up!

I'm regulated by:

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

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