



MARK WILD QUALIFICATIONS:

Bsc Hons Sports Studies and Management

Level 4 Cancer rehabilitation

Level 3 Reformer Pilates

Motivational & behavioural change interviewing

Reps level 3 advanced personal trainer

U.K.S.C.A Strength and conditioning coach

Power plate instructor

Pre/post natal specialist

Nutrition diploma

Advanced functional training instructor

Advanced kettle bell instructor

Weight and nutrition management

Sports nutrition

Advanced gym instruction

Circuit training

Client lifestyle and fitness assessments

Endurance event specialist, macro/meso/micro cycles
and tapering for marathons/triathlons

Training in external environments

First aid qualified