

# Iain Kermod BA. Hons



## ABOUT ME

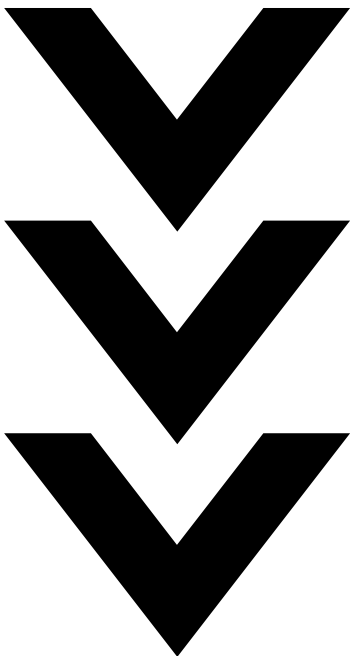
Having worked in the Fitness Industry since 2009, I have worked with over 200 clients. I understand that it can be a balancing act between your numerous commitments. I focus on helping you develop an enjoyable routine that will allow you to achieve results and still have a life! I am a keen sportsman having played cricket all my life as well as enjoying strength training, golf and football. I am the current Fitness Manager here at the Sportspark.

## SPECIALITY AREAS

- Obesity and Diabetes
- Functional Training
- Corrective Exercise
- Exercise Referral

Please contact me on: [j.kermod@uea.ac.uk](mailto:j.kermod@uea.ac.uk) or 01603 593865.

Keep reading to see  
all our personal  
trainers.



# Mark Cundle MA. Cert

## ABOUT ME

Having been a coach for just over 10 years, I have developed a wide range of knowledge within sports, fitness and nutrition. Whether it be specific sports conditioning, muscle gain, weight loss or increasing your fitness, I am confident that I can help you. More so, I am always looking to improve my methods and to ensure that you get the best training possible delivered to you. No goal is out of reach.

As well as the above, I coach Elite level Self-Defence and Martial Arts, as well as boxing and Kick-boxing for all ages and ability levels.

## SPECIALITY AREAS

- Muscular Hypertrophy (Muscle Gain)
- Level 3 Athletic Sports Conditioning
- Weight Loss
- Elite Level Combat Coach

Please contact me on: [m.cundle@uea.ac.uk](mailto:m.cundle@uea.ac.uk) or 07495286667.



# Adam Todd

## ABOUT ME

I have been a Personal Trainer since 2017 and a Strength and Conditioning coach since 2018. My love for training comes from my sporting background, having played sport my whole life; I developed an interest in fitness to try to better my performances to stand out in the sports I play. I am passionate about helping people achieve their goals and reaching their full potential, and pride myself on my customer care. Every program I write I will try to make fun and engaging while making sure you are progressing and improving. I am aspiring to be a full time strength and conditioning coach and really enjoy working with athletes who are looking to improve there: Speed, Strength and Power. I have learned a number of skills working in the industry, which means I am able to work with anyone and any fitness goal they have.

## QUALIFICATIONS

- Athletic Development (Strength, Power, Speed and Agility)
- Body Composition (Hypotrophy and Weight loss)
- Experienced at coaching correct technique
- Return to play
- Degree in Applied Sport Science

Please contact me on: [adam.todd@atp-norfolk.co.uk](mailto:adam.todd@atp-norfolk.co.uk) or 07805641587.



# Aaron Vincent



## ABOUT ME

Unlock your potential. I am a high level and vastly experienced personal trainer, having trained hundreds of clients for thousands of hours. Whether you are looking to lose weight, build muscle, increase athletic performance, or just feel more confident in the gym, I can help you achieve your fitness goals. Despite being involved in sport and bodybuilding for most of my life, I suffered a bout of depression and addiction in my 20's which led to me becoming unfit, unhealthy, and obese. I believe overcoming this has given me a unique viewpoint of being able to relate to both the experienced gym user, and those who wish to improve their fitness and confidence. I am dedicated to helping you achieve your fitness goals. I can offer personal training, diet and nutrition guidance including meal planning, programme writing, and offer full online, message and phone support to all my clients.

## QUALIFICATIONS

- BSc Hon Sports and exercise Coaching
- Advanced Sports Nutrition Diploma
- Advanced Resistance Training Certificate
- Exercise for Fat Loss Certificate
- Bodyweight Strength Training Certificate
- Japanese Ju-Jitsu Black Belt

Please contact me via 07855274188 or via [aaron.vincent@uea.ac.uk](mailto:aaron.vincent@uea.ac.uk).

# Joe Brown



## ABOUT ME

Personal Training is something I love doing! I am so enthusiastic about helping others and making people a better version of themselves. I'm always looking to improve my methods of coaching further, gaining as much knowledge as possible to help as many people as I can, whether it be in the gym or outside the gym. I always try and change things up to make sessions more interesting and engaging. I always go with the saying, every goal achieved is one step closer to your dream.

## SPECIALITY AREAS

- Specialist in Flexibility, Aesthetics and Gymnastics
- Level 3 Personal Trainer
- Level 2 Gym Instructor
- Strength & Conditioning Intern
- Body Confidence
- Nutritional Advisor

Please contact me on: [joeedwardbrown1@gmail.com](mailto:joeedwardbrown1@gmail.com) or 07479640316.



# Aaron Manio (ANutr) BSc Hons



## ABOUT ME

Whether muscle gain, fat loss, physical performance or diet is your focus, my goal is to guide and empower your abilities towards achieving your personal milestones. As a Registered Associate Nutritionist (ANutr) I believe in the combination between a sound nutrition and training programme being the key to an effective and rewarding strategy.

As an ongoing athlete, I encourage a competitive mind set. With my background in strength training and with my experience in assisting strength-based athletes both in physical training and nutrition, I am passionate in helping others, with any level of fitness, to achieve new heights of strength and self-confidence whilst enjoying the process.

## SPECIALITY AREAS

- Nutrition for weight loss and performance
- Strength and Performance
- Power lifting and Olympic weightlifting

Please contact me on: [a.manio@UEA.ac.uk](mailto:a.manio@UEA.ac.uk) or 07712299630.

# Josh De Monte



## ABOUT ME:

I'm a sports student and personal trainer at the UEA Sportspark. I began my journey personal training and assisting clients over 3 years ago, and I have loved every second of it. My mission is to get people fit and healthy, primarily through the disciplines of gym-based training and calisthenics. Whether you want to lose a few pounds, bulk up in muscle, or even learn some awesome skills, I will facilitate your journey. My introduction to the health and fitness world was over 5 years ago with calisthenics, a form of person training focused on teaching you to master lifting your own bodyweight using minimal equipment. Now I am here to share what I have learnt!

## SPECIALITY AREAS:

- Level 3 Personal Trainer
- Level 2 Gym Instructor

Please contact me via [j.de-monte@uea.ac.uk](mailto:j.de-monte@uea.ac.uk).

# Conni Arnold



## ABOUT ME

Hi, I'm Conni. I have several years' worth of experience as a group exercise instructor as well as a personal trainer. I work with adults who want to start lifting weights for health, strength, injury prevention and group exercise participants who want to use the gym effectively alongside their classes. Above all I am passionate about the mental & physical health benefits of exercise, and am currently doing my level 3 diploma in supporting clients with long term health conditions.

## SPECIALITY AREAS

- Level 3 Supporting Clients with Long Term Conditions
- Level 3 Personal Trainer
- Level 2 Gym Instructor
- Level 2 Exercise to Music
- Les Mills BodyCombat, BodyPump & BodyBalance

Please contact me on: [connifitness@outlook.com](mailto:connifitness@outlook.com).

# Rosie Dennis



## ABOUT ME

I have over six years experience in the sport and fitness industry, and I want to share my passion and knowledge with you to help you reach your goals in a way that you will enjoy. I believe that the gym is an environment where everyone belongs, therefore I will help you to build confidence within the gym, in your technique, when using machines and most importantly in yourself. Whether your goals are weight loss, building muscle and strength or wanting to improve your general fitness I am here to listen to what you want to achieve and guide you along your journey. When I started my fitness journey, I was very overweight, therefore I know the determination, consistency and time it takes to reach your goals and I am here to make this process easier for you. With me as your personal trainer, we will work together to make your workouts fun, varied and engaging.

## SPECIALITY AREAS

- Level 3 Personal Trainer
- Level 2 Gym Instructor
- Level 1 Sports Leadership
- Current BSc Sports Development Student

Please Contact me on: [rosiedennis100@gmail.com](mailto:rosiedennis100@gmail.com) or 07874609568.

# Reece Stimpson



## ABOUT ME

Making exercise enjoyable is my goal! I am an enthusiastic Personal Trainer who has worked in this industry for a number of years and has had the privilege of working with many clients of all different abilities. I am someone who really enjoys changing things up to make sessions more interesting and engaging, keeping you on the right track to achieve those goals. I am always looking to adapt my teaching style to give you the most enjoyable and effective sessions. Through fun but challenging workouts we will reach your desired goals together.

## SPECIALITY AREAS

- GP Exercise Referral Specialist
- Level 4 low back pain management
- Exercise for older adults
- Exercise management of chronic disease and disabilities
- Weight loss & weight management
- Muscular strength and hypertrophy

Please contact me on: [reece@fill.fit](mailto:reece@fill.fit) or 07841939668.

# Tyree Poll-White



## ABOUT ME

It's all in the name, 'Personal' Trainer. I'm here to ensure you reach your goals with a programme tailored specifically to you and help you become more comfortable and confident in any gym environment. I strongly believe in teaching correct form and coaching getting a full range of motion with every exercise in order to gain full benefits and make maximum progression with each session! Sessions with me will be both challenging and fun as I always like to incorporate new exercises that will push your boundaries every time. I guarantee you will be surprised at what you are capable of!

## SPECIALITY AREAS

- Level 4 strength & conditioning coach
- Level 2 kettlebell instructor
- Core work
- Boxing pad work & MMA drills
- Cardiovascular endurance
- Level 2 studio spinning studio
- Muscular hypertrophy

Please Contact me on: [pollwhitefitness@gmail.com](mailto:pollwhitefitness@gmail.com) or 07732116426.

# Daisy Mattless



## ABOUT ME

Being a competitive swimmer from a young age equipped me with an attitude of appreciation for the consistency and mindset it takes to progress and achieve at a high level, as well as an understanding that success in any area of our lives means taking care of our wellbeing, first and foremost.

To me, training is a journey of finding and building your inner, mental and physical strength, embracing and taking pride in your process, at your pace. I operate from a calm, present place, with the dedication to help others feel empowered from the inside out.

## SPECIALITY AREAS

- Level 3 Personal Training
- Competitive swimming, running & weight lifting
- Mental Health and Wellbeing
- Building Muscle
- Tone and Sculpt

Please Contact me on: [daisymattless@yahoo.co.uk](mailto:daisymattless@yahoo.co.uk) or 01603 593865.

# Ben Bumphrey



## ABOUT ME

As a Physiotherapy Student, keeping fit and healthy is an important aspect that I am passionate about. Whether this is returning from injury, aiming to become an elite athlete, or simply from being a beginner, I am here to help you achieve your goals through positive, fun but challenging methods of training.

My goal is to help you increase confidence, positivity and help you become the best version of yourself. I take great pride in my ability to adapt to all your needs and ensure your training sessions are engaging whilst getting the results you want!

## SPECIALITY AREAS:

- Muscle Toning and Hypertrophy (Muscle Gain)
- Lower Limb Strength Training
- Post Injury Rehabilitation
- Body Confidence
- Level 3 Personal Trainer/Sports Massage Therapist

Please Contact me via [B.Bumphrey@uea.ac.uk](mailto:B.Bumphrey@uea.ac.uk) or 07909274761.



# Alastair Baggiony-Taylor



## ABOUT ME

After beginning my “fitness journey” as someone apprehensive training on their own and staying clear of free weight areas, I have developed into a competent and experienced multi-sport coach in youth team sport, swim teaching, and strength and conditioning coaching for sub-elite athletes.

As a student shortly graduating after 4 years at University I am no stranger to the academic pressures, time constraints, and lifestyle habits associated with university. Through this experience and my own philosophy I believe I can optimise your training to help facilitate your own goals, sporting or personal, whilst promoting body positivity and wellness around busy schedules without sacrificing your commitments and social life. I am always looking for new experiences or challenges to enhance my knowledge and push myself and you to the limits.

## SPECIALITY AREAS

- **Mindfulness, Wellness, & Healthy Living**
- **Strength and Conditioning**
- **Exercise for Performance**
- **Level 3 Personal Trainer**
- **Level 2 Gym Instructor**

To book an appointment or ask further questions, please email:  
[A.Baggiony-Taylor@uea.ac.uk](mailto:A.Baggiony-Taylor@uea.ac.uk)

