

George Dobson – Personal Training



Hi.

I'm George. I am a qualified personal trainer who specialises in helping busy people build a leaner, stronger, more mobile and athletic body. My focus is on coaching sedentary, time-restricted people to reach their improved fitness goals with maximum efficiency.

I can help you build a fitter, leaner, stronger and more mobile body with more-developed upper and lower body muscle mass. With a fitter body, you won't suffer from constant energy dips and motivation fluctuations, and will feel generally stronger and more capable.

The good news is you don't need to be in the gym every day; you don't need to sacrifice your favourite foods; you just need to follow my proven system of training and nutrition principles correctly!

I can help you in 1:1 sessions in person in the gym, or alternatively, I also specialise in training online.

I look forward to meeting you!

George.

For further information, please contact:

Email: gkdobson14@yahoo.co.uk

Mobile : 07979196112

Website: <https://Metamastery.co.uk>