

THOMAS PENKER

PERSONAL TRAINER



About Me

I graduated from Edinburgh Napier University in April 2023 studying Physical Activity & Health BSc (HONS). In my studies I have gained an understanding of working with clients of all abilities and long-term health conditions. I completed my Level 3 Personal Trainer qualification with CIMSPA and have been a personal trainer here since November 2022. I currently play semi-professional football for Hutchison Vale FC in the East of Scotland Premiership. Through my involvement in football, I have an interest in football specific strength and conditioning training and have applied my knowledge to improve my performance through gym-based training.

Personal training is a fantastic way to progress and achieve your fitness goals using the expertise of a trainer to develop specialised programming. Working with a trainer 1:1 is a safe and fun-filled way of striving towards becoming the best physical version of yourself.

Specialist Areas

- Lifestyle improvement
- Overall fitness improvement
- Body fat loss
- Muscle development
- Resistance training
- Sport-specific strength & conditioning

Experience

- Weight-loss personal training
- Injury rehabilitation personal training
- Overall lifestyle improvement personal training
- Bodyweight & Free-weight mixed circuit classes
- Exercise testing
- Strength & Conditioning classes

Get in Touch

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