

PERSONAL TRAINER PROFILE

# Nate Freeman

## How do you book me?

Call: **07799631316**

Email: [contact@natefreemancoaching.com](mailto:contact@natefreemancoaching.com)  
or ask at reception for my details.



## My Qualifications

**Personal Trainer**  
Level 3 in Personal  
Training

### Strength and Fat Loss Coach

**The go-to coach for those ready to ditch the cross and build the confidence to smash the weights.**

### I can support your goals with the following:



- 1-2-1 Training and Coaching
- Group Personal Training
- Customized training plans tailored to your goals
- Support to track and manage your progress
- Accountability
- Nutrition advice and support



Highly recommend 🤩  
I've had great results working with Nate and seen more progress in 8 weeks than I did going solo in the gym for two years previously.



**Ben Martin**  
My biggest win of the week is dropping down a waistline size in jeans!! 💪



# MORE PT

I'm regulated by:  
The Chartered Institute for the Management of Sport and  
Physical Activity (CIMSPA) Member number **35366**

# let's do MORE