

## Arash Abdolazimi

As a nationally competitive paddler and experienced mountaineer, I specialise in high intensity, functional workouts, designed with cardiovascular and strength training to meet the needs of individuals looking for weight management and its general health benefits.

I also have experience with professionals and high performance athletes looking to get to the next level and explore their potentials.

### **Certification:**

Active IQ Level 3 Certificate in Personal Training (QCF)  
Active IQ Level 2 Certificate in Fitness Instruction (QCF)  
Qualification in Nutrition and Supplementation for Sport

**Email:** [A.Abdolazimi@tees.ac.uk](mailto:A.Abdolazimi@tees.ac.uk)

## Mike Campbell



Fully qualified trainer with 3 years' experience in personal training and sports therapies, with experience working with the England international senior women Volleyball team as well as local Rugby clubs. In addition I also have over 10 years' experience training in Kickboxing, Boxing and Volleyball.

My skills include weight management, muscle building and toning as well as sports specific training. Whether you are someone who wants to train for general fitness and weight management or an athlete looking to improve their physical performance in your chosen sport, I can help.

### **Certification:**

Foundation Degree – Sports & Exercise Therapies

Level 4 – Sports Injuries

Level 3 – Sports Massage

Level 3 – Personal Training

Level 2 – Fitness Instructing

Level 2 – Circuit Training

Level 2 – Kettlebell Instructing

Email: [M.Campbell@tees.ac.uk](mailto:M.Campbell@tees.ac.uk)

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**Alan Lofthouse**

Fully qualified fitness coach with 4 years' experience in personal training and sports therapies. I have experience working with Leicester Tigers RFU (Academy), Harrogate RFU (1<sup>st</sup>), Cerebral palsy athletes and female football clubs. In addition I also have over 3 years' experience playing semi-professional Cricket.

My skills include nutrition and general fitness coaching.

**Certification:**

MSc - Sport rehabilitation (currently)

BSc (Hons) – Applied Sport & Exercise Science

Foundation Degree – Fitness Instruction & Exercise Therapies

Level 4 Sport and Exercise Nutrition advice

Level 4 Sport Massage

Level 3 Sport Massage

Level 3 Sport Therapy

Level 3 Personal Trainer



**Email:** [A.Lofthouse@tees.ac.uk](mailto:A.Lofthouse@tees.ac.uk)