



Tomasz Zielinski



PERSONAL TRAINER

Tom has been involved in sports for 18 years, with 10 years' industry experience in the UK.

Tom trained professionally in triathlon for seven years which taught him discipline, self-motivation and to always perform at his best. He is a qualified personal trainer, triathlon and strength & conditioning coach. He continuously strives to expand his knowledge of exercise, health and fitness to benefit his clients.

Tom drives clients to new levels, pushing them to go above and beyond their initial goals.

“My commitment to you is limitless, anything can be achieved and the only barrier is your mind. I understand how difficult it is to lose weight and achieve your fitness goals. I want to share my knowledge and help as many people as possible, whatever your goal. I truly believe that I can help you and I would love to take you on board as one of my new clients!”

CONTACT DETAILS

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QUALIFICATIONS

Level 3 REPS Registered Exercise Professional
in UK R0096364

Level 3 Certificate in Personal Training

Level 3 Strength Sports Conditioning Coach

Register of Exercise Professionals Level 3

Level 3 GP Referral Practitioner

Level 2 ASA Certificate in Coaching Swimming and
Teaching Aquatics

Level 1 GB Triathlon Coach

Level 1 GB Olympic Weightlifting