BIRUTE

STRENGTH AND CONDITIONING
BODYBUILDING/SCULPTING
FAT LOSS
STABILITY & MOBILITY
CUSTOM NUTRITION PROGRAMS
HEALTH AND WELLBEING

CARDIFF MET WEIGHTLIFTING CLUB MEMBER

As a formal Lithuanian National cyclist, Birute has developed her passion in fitness and wellbeing through the sport. Birute has worked with numerous clients, and helped them to achieve their various goals. Her purpose is to educate her clients and teach them how to sustain long term results. Birute is very passionate about Weightlifting. Whether your goals is losing weight, getting strong or just learning about nutrition, she is here to help you to be the best version of you!

BSc (Hons) Sports Coaching
Level 3 Personal Trainer
Pool Responder

Level 3 Nutrition
Level 2 Health, Fitness and Wellbeing
First Aid Qualified