

# AMARDEEP

**ENDURANCE TRAINING**  
**WEIGHT MANAGEMENT**  
**CORE TRAINING**  
**BODY TONING**  
**BOXING TRAINING**  
**MIXED MARTIAL ARTS**  
**MUSCLE BUILDING**  
**BOOTCAMPS**  
**NUTRITIONAL ADVICE**



COMPETED IN  
BOXING BOUTS



Amardeep is a fully qualified personal trainer with a wide range of experience under his belt. He is specialised in Boxing, Mixed Martial Arts and Sports Nutrition.

Being part of the younger generation, Amardeep understands how important it is to not only look good but feel good on the inside. He has been successful in determining the right diet and exercise plans for clients.



Active IQ Level 3 Personal Trainer  
Active IQ Level 2 Gym Instructor  
Active IQ Sports Nutrition  
Active IQ Kettlebell Instructor

Active IQ Circuit Instructor  
Active IQ Studio Cycling Instructor  
Active IQ Gym Based Boxing  
STA Leisure First Aid Qualified  
Pool Responder