

Tomasz Zielinski



Tom has been involved in sports for over 20 years, with 12 years industry experience in the UK.

Tom trained professionally in triathlon for seven years. In 2019, Tom won multiple bodybuilding competitions, becoming bodybuilding champion. 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.

PERSONAL TRAINER

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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