



# Chris Coupe

Personal Trainer



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Greater Manchester

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www.cbfitness.uk

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## Profile

I have over 15 years' experience as a personal trainer, which has seen me work with a vast array of clients, from beginners to those with elite ambitions! During my career, I have worked in various settings such as big commercial gyms and functional training studios. I always strive to support my clients with their fitness goals, whether these be cardiovascular fitness, strength, hypertrophy, or weight loss. In addition to this, I am also qualified in sports massage.

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## Qualifications

Personal Training – Level 3 Diploma

Sports Massage Therapy – Level 3 Diploma

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## Employment

**Personal Trainer – CB Fitness**

February 2024 – Present