

A little about me...

I have been helping my Strength By Lucy (formally LOSPT) clients safely and effectively get into shape since 2015, and before that I worked in Strength and Conditioning in the UK and Jersey.

Whether you want to build muscle, burn calories, or just get moving, my personalised training regime will help you get the body you want and need.

Getting in shape shouldn't be a punishment!

It's a lifestyle habit that anyone can create!

I believe in finding the fun side of fitness, for whatever your goal. And when you put in the hard work you can achieve anything!

Myself personally... I started in the sporting background of Archery, and have even won medals for Great Britain and Jersey!

From my sport it is clear, that if your muscles are not aligned correctly your performance suffers.

I therefore check that clients have the best technique possible, to ensure that they achieve the greatest results.

My qualifications include:

Coaching and Sport Science (BSc Hons) - Nottingham Trent University.

Certified Personal Trainer.

Performance Enhancement Specialist.

Corrective Exercise Specialist.

Ricky Hatton Boxing Certified.

Water Fitness Aqua Aerobics Instructor.

KO8 training.

UKSCA; Programme Design passed, Speed Agility and Plyometrics passed,

Olympic Lifting workshop.

YMCA Sports Massage.

Fun Fact: I was also Miss Battle 2009

More than just getting you into shape, I also help with building strength, rehabilitating from injury, and providing sports-specific training.

