

# BODYWISE



## ABOUT

## ROBIN TROTT

Robin Trott is a qualified Level 3 Personal Trainer & Level 1 TPI professional who created RT Fitness in a bid to train and educate his clients to become their best and most confident versions of themselves.

Robin takes time to understand not only his clients' end goals, but importantly; their wider lifestyle and baseline fitness levels. Robin prides himself on his personalised approach to training his clients and creates RT bespoke training plans that take into account physical training alongside nutrition as well as promoting positive well-being. Robin emphasises the importance of mobility and stretching as part of the training plans to ensure peak performance and lowering the risk of burnout. These plans can be undertaken on a one to one basis with Robin, at the gym or at home through remote access via his online app.



Sport and physical activity has long been a part of Robin's everyday life having Captained Wellington Rugby Club; played rugby at National 2 and 3 level as well as achieving a handicap of +1 on the golf course and captaining Somerset. Robin's interest and commitment to sport eventually led him to teaching after graduating from the University of Exeter in 2011 where he became Head of Boys' Games at a successful independent school in South West London. Robin brings a wealth of knowledge and experience from the field of sport, physical activity and education to RT Fitness to ensure his clients feel both challenged and supported.

To date, Robin has worked alongside clients of all ages and abilities from regular gym users improving their physiques and fitness, to professional athletes looking to push their strength and ability to the highest level. As well as this, Robin has helped new mothers regain their confidence and fitness post pregnancy and lastly, getting people more active away from their desks.

Robin is looking forward to the partnership with Bodywise to grow and develop the gym, whilst providing a wide range of fitness classes for members. If anyone is interested in finding out more about personal training with RT Fitness, please send an email to [RTFitnessUK@outlook.com](mailto:RTFitnessUK@outlook.com) or grab Robin for a chat.

