

+ 7 NEW WORKOUTS + PRIZES UP FOR GRABS + EXCLUSIVE RECIPES

SERIOUS
ABOUT FITNESS

PERSONAL TRAINER

FOR MEN AND WOMEN

POWER THROUGH

CRAIG LIBBY

SHOWCASES HIS WORKOUT TO
BUILD STRENGTH
FOR MARATHONS

+ WOULD YOU TRAIN CELEBRITIES?

Hollis Lance
Liebman explores
the pros and cons

LEIGH DESMOND

BE #LIMITLESS
AND FACE UP TO
CHALLENGES WITH
THE IRISH FIREFIGHTER
AND USN AMBASSADOR

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Paul Waters gets to grips
with the ins and outs

TRAINING YOUNGSTERS +

Rachael Field Roddis highlights
how to exercise this population

BEAT IT!



WE SAMPLE STAR
TRAC'S BOXMASTER

SPRINT STARTS

Our round up of the best
running trainers

GET ROLLING!

Robert Sharpe gives us a
session on the Rumble Roller

WRITTEN BY PERSONAL TRAINERS FOR YOU

DEC 2015
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Personal Trainer Magazine Issue 3

RJ Alexander



Personal Trainer Magazine Issue 3:

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