

Personal Trainer | Lifestyle Coach



About Me

Fitness Science, developed by fitness model and celebrity trainer | lifestyle professional **Bolko Aleksiev**. I believe that with leadership, strategic planning and determination I can make anyone's fitness dreams a reality. My training method is a mixture of lifestyle, health, fitness, sports, entertainment, and innovation.

An athletic background allowed me to appreciate the movements of all sports and incorporate it into my total body work out regimen. I understand the logistics of fine-tuning the body to help maximize one's quality of life.

For the past 10 years I have helped high profile entrepreneurs, celebrity entertainers, athletes, children and many other health conscious individuals attain their goals in fitness. I understand that my love for fitness is not just an occupation but a passion that has allowed me to touch lives of others.

Always striving to maintain the highest standards in developing new innovative ways to enhance and maintain physical fitness. Dedicating my life to educating, motivating and inspiring people everywhere to make an investment towards their health and wellness, from athletes, celebrities to people who just enjoy fitness as a part of a healthy lifestyle, has benefited from my knowledge. My goal continues to help by extending my knowledge where I can and allow people attain their fitness dreams.

Personal Training is all about staying motivated, getting results and getting people on schedule. I recognize that every client is individual, and I know that every client requires a bespoke programme to achieve their goals.

I know that Personal Training is not just about having someone with you in the gym, it is about having someone guiding you through your entire programme of health and fitness development, which includes your training inside and outside of the gym, your diet, your lifestyle and all support services to ensure that you are in full health.

I have trained celebrity stand outs in Film / Music / TV / Social Figures and Corporate Executives. I have also featured in magazines such as Men's fitness and modeled as a fitness model for sport brands.

Specialist:

- Strength and Conditioning
- Weight Loss Programs
- Functional Training
- Exercise and Fitness
- Muscle Toning
- Sport Nutrition



More Information or If you would like to book a personal training session please contact me at:

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