



My name is Luciano Kydd

I am a certified, results-oriented and energetic personal training professional, with a strong passion for helping individuals maximize workout efficiency, increase fitness, strength and stamina, and develop an overall feeling of wellness.

I completed my Diploma in Personal Training (Level 2/Level 3 certified) in 2011 at Premier Training International, a leading training provider in the health and fitness industry. This equipped me with a solid foundation in body anatomy and physiology, fitness assessments, nutrition, and design and supervision of exercise programmes.

But my education has since been a continuous process, involving various specific training modules at such reputable institutions as CHEK Institute, Poliquin Education and Precision Nutrition, ensuring that I stay abreast of advances in training methods and nutrition science. I am also a REPS registered member.

Up until my family's very recent relocation to Cheltenham, I was as a full-time Personal Trainer at Virgin Active in London. one of the larger and busier locations, for 2 ½ years. Here, I designed and supervised a broad range of personalized health and fitness programs for a diversified clientele and was consistently recognized among the top trainers on the basis of my commitment to clients, professionalism and expertise.

Prior to my career as a Personal Trainer, I was an Infantry Soldier in the Her Majesty's Armed Forces where advanced training and peak fitness were key components of everyday life. Over 8 years, I participated in combat and peacekeeping operations in various parts of the world and rose through the ranks to become a team leader on the basis of my discipline, determination and motivational skills.

Even before then, I was always a sports and fitness enthusiast. An avid football player, I have functioned as a volunteer coach at the primary school level.

The fact that I can now combine my own love for health and fitness into a job that enables me to impact other people's health and fitness in a positive way, and share in their personal milestones along the way, is extremely gratifying. I strongly believe that while training should be challenging, it should also be fun. Hence my motto: Train Hard and Smart, Live Easy!

I look forward to working with you and helping you along the path to an even healthier, happier lifestyle.