



Name:

Martin O`Donnell

Introduction:

Hello everyone my name is Martin O Donnell. I am a new leisure attendant here at Motion Leisure Club and I am a qualified personal trainer. What I love to do is help people push themselves and reach their goals. If you are coming into the gym and want to make a change to your health and your body and just need the extra push I can help you. I am certified in nutrition also so I can give you a better understanding of what types of food are good for your body type. If you feel like your ready to take the next step for a healthier better you don't hesitate to ask for me at the front desk. I look forward to working with you!

Favourite motivational phrase:

"You never know how strong you are, until being strong is your only choice "

Education:

Personal trainer

Gym instructor

Life guard

Indoor cycling instructor

Class preparation and instruction

Achievements + Professional Development:

Mini marathon runner 5k 2016

First place in ocean to city 2 man boat 2016

First place in leisureplex bowling league 2018

Favourite exercise:

Chest press or deadlift

Favourite class:

Mixed circuit or HIITclass