

**David Hebden | Personal Training**

What I can openly say about Tim Barrett and his approach to personal training is that I have experienced training with others, so I have a good idea of what does and doesn't work for me.

Tim is unique in his style and approach to seeing success in the people he coaches, He has never just set out a session and put a plan in place for me. He takes great pride in seeing you progress, he is consistent in his encouragement and challenging you in a tailored way.

If you have a goal, it becomes his goal too. His inquisitive communication helps him to fully understand not just what you need, but what the challenges are that he can work around to help you achieve.

Tim has personally helped my confidence in cycling, ability to become consistent with developing my strength and conditioning ahead of races and coach me on managing my fitness goals and lifestyle choices in equal measure. I cannot recommend him enough if you are looking for an all-round coach who understands life can get in the way. He will absolutely drive you towards success.

**Sarah Jackson | Personal Training**

I have known and been trained by Tim, to improve general fitness, since 2005. What struck me about him was his commitment to fitness training, both to those he trains and crucially to his own development. His attention to detail, knowledge and professionalism are very clear. He is one of the most committed and diligent people I have ever met, whilst retaining a very personable and encouraging approach.

**Martin Taylor | Personal Training**

I have trained with Tim for several years and have routinely made good progress. We cover a lot of ground in our PT sessions, often working to complement other sporting activities outside of the gym.

One area we have spent time on consistently is the Olympic lifts (Clean & Jerk and Snatch). When I started training with Tim, I already had established personal bests in both lifts. However, we have since worked to refine technique and have regularly been able to make small but significant improvements. I put most of the increase in performance down to the techniques we have worked on together. Even though it is me lifting the bar it feels very much like a team effort. As we continue to refine my technique, I am sure there are more improvements still to come.

Thanks for your support Tim.