

Soho Active Shoreditch House

Personal training

Kevin Ket

About Kevin

Kevin Ket is an excellent motivator with a personable touch. His enthusiasm, results-focused programmes and in-depth knowledge is what sets him apart. Ket comes from an athletics and dance background, and believes that this helps him give his clients the best exercises for their needs – whether that's injury prevention or injury recovery.

Qualifications

- Mat and Reformer Pilates
- Level 3 personal training
- Level 3 pre and postnatal exercise
- Kettlebells
- Suspension training
- Swedish and deep-tissue massage therapy

Morning routine

'Peppermint or turmeric tea to start my day and soul music.'

Top tip for achieving your goals

'The transformation begins in the mind. You have to mentally believe it. Be kind to the body you have while you work on the body you want.'

PT price and package: 30 minutes £45 | 60 minutes £70 | 4 x 60 minutes £260 | 8 x 60 minutes £500 | 12 x 60 minutes £670

Personal training packages expire one year from purchase. All personal training sessions have a 24-hour cancellation policy.

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Joel Lawrence

About Joel

Joel Lawrence specialises in strength and conditioning, alongside flexibility for overall physical improvement. He was handpicked by Shoreditch House for his unshakable discipline and ability to motivate excellence in others.

Qualifications

- Level 3 personal training
- Black belt in karate

Morning routine

'Body weight routine walkouts (three x 10), Hindu press ups (three x 10), squats (five x 20), triceps press.'

Top tip for achieving your goals

'Don't think about it, just do it.'

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Vivien Szlatinszky

About Vivien

Vivien Szlatinszky has a dance background and has since fallen in love with fitness. She is a class instructor and level 3 personal trainer. Alongside her kettlebell, circuit and cardio training, she has gained her pre and postnatal qualification to be able to support new mums. Her passion is to help people to achieve their goals and feel confident in their bodies.

Qualifications

- Level 2 fitness instructor
- Level 3 personal trainer
- Pre and postnatal exercise
- Choreographer/ dancer

Morning routine

'Listening to my favourite songs while getting ready to start the day with lots of energy.'

Top tip for achieving your goals

'Stay happy by rewarding small achievements. Self-love is important.'

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Paul Fuller

About Paul

When Paul Fuller was in the military, the goal was to be in physical combat shape. This meant improving cardio, strength, endurance, explosiveness, mobility, agility and power, while burning fat and staying lean and fit. Fuller attempts to create this similar training environment for clients. It helps empower and motivate individuals to continually challenge themselves in a fun and rewarding way.

Qualifications

- Level 3 advanced fitness instructor
- Level 3 exercise for older adults
- Level 3 GP referral
- Boxercise instructor
- Functional fitness for pregnancy
- Postnatal instructor
- ViPR instructor LMT 1

Morning routine

'Three times a week, my mornings kick off with my functional metabolic workout. It encompasses structural and compound movements to make sure I'm getting stronger on key lifts to support muscle gains.'

Top tip for achieving your goals

'Regular physical activity. The key here is purpose-led training, not surface-led training.'

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Matt Threadgold

About Matt

Matt Threadgold has a background competing in athletics at international level, but decided to hang up his spikes and take up CrossFit. He now competes in some of the biggest events nationally. Alongside this transition, he went into coaching and training others. He also has years of experience taking group classes at studios across London, including Shoreditch House. As well as this, he has worked one on one with a variety of clients with differing goals, including weight loss, strength and performance.

Qualifications

- Bsc Sports Science (Loughborough University)
- Level 3 personal trainer
- Level 2 fitness instructor
- Level 1 CrossFit trainer
- British athletics coach
- England boxing tutor

Morning routine

'I get up and go in the mornings, starting my day with a strength-based session to set me up for what's to come.'

Top tip for achieving your goals

'Don't worry about what anyone else is doing – focus on yourself and stick to it. A routine that works becomes a healthy habit.'

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Foz Rahman

About Foz

Foz Rahman is our resident expert in movement, focusing on fixing imbalances using training and release techniques. With qualifications in sports massage, soft-tissue therapy, osteopathic articulation and tool-assisted treatments, he is well equipped to diagnose problem areas, and train and treat for a pain-free, stronger you. Rahman's background as a competitive weightlifter feeds his respect for joint health and movement as he aims to bring all his clients to a high standard of performance.

Qualifications

- Level 3 personal training
- Level 2 British weightlifting instructor
- Diploma in osteopathic articulation/ ISTM
- Diploma in sports rehab/ sports massage/ advanced soft tissue

Morning routine

'A good source of protein for breakfast, bike ride to work, followed by an Olympic weightlifting HIIT session.'

Top tip for achieving your goals

'I've found many people are capable of the most complex weightlifting techniques, but stress and habits from everyday life prevent good movement in their joints. I mobilise and train towards specific moves until we're ready to progress.'

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Elizabeth Stimson

About Elizabeth

Elizabeth Stimson has been practising yoga and meditation for more than 10 years and has a keen interest in health and fitness. Throughout her life, she has trained as a gymnast and believes there is a magical quality to yoga, which helps us work through life's issues. She likes to support students to flow through carefully crafted sequences that work the body hard, but also create space to let the stress of modern life melt away.

Qualifications

- Yoga Alliance accredited
- British Wheel of Yoga certified
- Creative sequencing

Morning routine

'I genuinely love to exercise, so the first thing I do when I get up is work out. It can be anything from HIIT to more toning and strength-based movements. I swear by hot water and lemon every morning. I have that followed by two breakfasts.'

Top tip for achieving your goals

'Commitment. It's not very exciting, but if you really want to achieve something – whether it's in fitness, yoga or life – you have to dedicate your time to it. Hard work beats natural talent. Picasso said: "Inspiration exists, but it has to find you working".'

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Danny Brown

About Danny

Danny Brown has been in the fitness industry for nearly a decade. He is a CrossFit coach and specialises in weightlifting, strength training, gymnastics and high-intensity training. He takes an all-round approach to building general fitness, believes technique should come before intensity, and promises to coach you through solid movements.

Qualifications

- Level 3 personal trainer
- Level 2 CrossFit trainer
- BWL weightlifting
- CrossFit gymnastics
- Precision nutrition coach

Morning routine

'A few quick stretches, a hearty breakfast and, most importantly, a strong coffee.'

Top tip for achieving your goals

'Set realistic goals to begin with, balance your daily life, and avoid quick fixes while trusting the process.'

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Peter Botas

About Peter

Peter has 8 years of weight-lifting experience, topped with kettlebell and calisthenics skills, inspired, but not limited by the old-school training mentality. Peter strives towards a new approach to health and fitness. Combining body weight training with gym-based drills to achieve a next level of body awareness and fitness.

Qualifications

- L2 Fitness Instructor
- L3 Personal Trainer
- Outdoor Training
- Indoor Group cycling
- Circuits training

Morning routine

'I always have a big breakfast followed by coffee to help me handle a busy day.'

Top tip for achieving your goals

'Whatever your goal is, stay focused and remember that sacrifices will help you achieve goals. Don't quit and hold yourself accountable.'

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