



LUCAS

Lucas is an accountability-driven coach and athlete with a focus on performance and fitness-based progress. As a professional hybrid athlete, he prides himself on working hard and being intentional with the work he does in and outside the gym.

Qualifications and expertise

- England Athletics qualified running coach
- Level 3 personal trainer
- Level 2 fitness coach
- Professional hybrid athlete
- Three years of PT and five years of group training experience
- 3,000+ hours of coaching and personal training delivered



SHAHZAD

With over 25 years in fitness, boxing, and screen combat coaching, Shahzad combines strength training, bodybuilding, and pad work to improve body composition, posture, confidence, and performance for beginners, performers, and high achievers.

Qualifications and expertise

- Boxing, strength and confidence coach
- Fight choreographer
- Level 4 postural correction
- Lever 3 personal trainer
- Level 2 gym instructor



CATHERINE

Catherine specialises in fat loss, muscle building and body recomposition, helping busy professionals build stronger bodies, more confidence, and healthier routines that support long-term health and high performance. Her coaching style combines structured strength training, accountability, and a down-to-earth approach that challenges clients while keeping training realistic, sustainable and enjoyable.

Qualifications and expertise

- Level 3 personal training
- Strength training, body recomposition and fat loss coaching
- Boxercise



BOSTON

Boston's journey into health and performance began after losing 24kg as a teenager, sparking a life-long passion for nutrition, training and behaviour change. With expertise in biomedical science, sport and exercise physiology, sports nutrition, and strength and conditioning,, he specialises in fat loss, muscle building, strength development and endurance performance. Having coached over 600 clients and spoken at international fitness and medical conferences, Boston combines an evidence-based approach with practical coaching to help people build a stronger body, sustainable routine and high-performing lifestyle.

Qualifications and expertise

- 14 years of industry experience
- Nutrition and health tech founder
- MSc sport and exercise physiology
- Level 3 and 4 fitness
- BSc biomedical science
- Openly accredited sports nutritionist
- ASCA Level 1 strength and conditioning