

Alex Carlow – Personal Trainer

Contact details

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After completing his sports science degree in 2002, Alex has worked as a personal trainer to the present day. His clients vary from the complete beginner who has done no exercise since school to semi-pro rugby and football players.

Alex has lots of experience dealing with clients with specific needs, such as pregnancy, arthritis and hypertension. He has many clients referred to him by their GP prescribing exercise for specific needs and cardiac rehab is a particular speciality of his.



He uses up to date training methods, whilst enabling the client to develop realistic goals which will keep them happy and active for longer.