



Raymond Carter

PERSONAL TRAINER

Personal Summary

Hi, I'm Ray! I'm a Personal Trainer and Group Fitness Instructor here at Keep Fit. With a Diploma in Personal Training and years of experience, you're in capable hands.

I've been a competitive athlete since the age of 5, which grew into a real ambition to work in health and fitness. I started coaching CrossFit and training others in 2019, and I'm passionate about helping people reach their goals, big or small, it's the part of the job I love most.

I work with people of all ages and fitness levels, and I have close contacts with local physios and osteopaths, so wherever you're at, we can help you train safely.

Whether you want something serious or just a space to get some work done and have a yarn, get in touch for a free consultation and we'll chat about where to start with your training.

"Everyday is an opportunity
to change your life"

Training specialties

- Strength & Conditioning
- Competitive CrossFit
- Muscle Build / Toning
- Bootcamp / Group Training
- Olympic Weight Lifting
- Injury Rehab
- Fat Loss

Contact Details

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Qualifications:

Level 4 Certified Fitness
Instructor

Level 5 Certified Personal
Trainer

**KEEP
FIT**
MATAKANA