



# NEIL DOBBY

## Vital Statistics...

**Age:**  
Mid 30s

**Qualifications:**  
Certificates in Program Design & Functional Exercise

**Experience:**  
16 years

**Background:**  
1000s of hours working with clients from absolute beginners to National record-breaking powerlifters

**Hobbies:**  
Powerlifting, Motorcycles, Martial Arts



**Specialising in...**

- Strength Training - Powerlifting
- Bodybuilding • Nutrition
- Sport-specific Training

*"Strength is the foundation for all aspects of fitness - nobody was ever too strong!"*

*"Your body is the greatest machine you will ever operate. I can help you tune it up to get it running at its very best."*

ALPINES  
MITRE 10  
**MEGA**  
**RANGIORA  
FITNESS CENTRE**