

Sam Cotton



Philosophy on exercise, health & fitness

I believe training should enhance your life – not consume it.

Exercise isn't about punishment or extremes; it's about building a stronger, more capable body that supports you long term.

My approach is simple: move well, build strength safely, stay consistent, and create habits you can sustain. Fitness should increase your confidence, resilience, and energy – both inside and outside the gym.

What areas do you specialise in?

Strength & Conditioning
Fat Loss & Body Composition
Injury Rehabilitation & Return to Training
Movement Quality & Technique Development
General Fitness & Lifestyle Clients
Confidence Building Through Training

Greatest achievement with a client

Successfully rehabilitated a client with severe back injuries who had previously been advised he would never exercise again, guiding him safely back to full, unrestricted training.

Qualifications

CrossFit Level 2 Trainer (CF-L2)
Bachelor's Degree in Sport & Exercise Science
Strength & Conditioning Specialisation
Injury Rehabilitation Specialisation

Why should you train with me?

With 8 years of hands-on coaching experience, I deliver science-backed, personalised programming with safe, structured progressions, clear accountability, and a supportive approach focused on long-term, sustainable results.

Motto

“Train to build a body that supports your life.”

