

Body transformation profile

Find out how Paul dropped his body fat from 19% to 10% and increased his lean muscle mass by almost nine kilos in under 10 weeks...

Paul Gainard, an accountant from Bristol, trained under Bath-based strength and conditioning coach Tom Crudgington to attain these dramatic results (right).

He trained for four sessions a week, each under one hour in duration. His weights programme was changed every three weeks to ensure changes in both intensity and volume of work, therefore giving his body new stimulus to respond to.



Paul also did one strongman session a week to help lower body fat levels. In this session he would use various sled pulling, tyre flipping, log lifting and farmers walk exercises – a far more effective way of burning body fat than labouring away on a treadmill or cross trainer!

At the strength and performance centre, Paul was able to use unique pieces of equipment not normally found in commercial gyms, such as thick barbells and thick grip ez bars, lifting chains, strongman equipment and lifting bands all built

by Simon Watson at Watson Gym Equipment.

As well as the physical work Tom also used Biosignature on Paul to determine the best nutritional and supplement protocol to follow for his desired results.

The main changes given to Paul were to eliminate foods he had intolerances to, rebalance his stomach acid levels,



Before



After

“Paul was able to use unique pieces of equipment”



to ensure he was both digesting and absorbing his food properly; rebalance omega-3 levels and use liquid nutrition immediately post workout.

Paul also visited Tom's partner Karen Sheaff for sports massage once every two weeks to provide fascial release therefore allowing the muscles room to grow and helping prevent chance of injury. 🐾



In detail



To book an appointment please contact one of our coaches: Tom Crudgington – strength and conditioning coach, Biosignature coach, Thai boxing and MMA coach, M.A.T. Practitioner tel: 07737484198
Karen Sheaff – sports massage therapist, personal trainer and Biosignature coach, M.A.T. Practitioner tel: 07921526539
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