



Our  
Orium:

## GROUP EXERCISE

## Michael Stack

### Qualifications

ITEC Gym Instructor  
ITEC Personal Trainer  
BSc Sports Strength and  
Conditioning  
Disability Inclusion Training

### Specialist areas

Muscular Hypertrophy  
Strength and Power training  
Fitness and Conditioning  
Injury Prehab and Rehab  
Weight and Fat loss



### About me

I have been actively involved in the fitness industry for the past 6 years, during this time I have accumulated a wealth of knowledge and experience through both theoretical and practical study. Throughout this time, I have worked with a wide variety of clients ranging from first time gym goers from young to elderly looking to get started on their fitness journey, to International level athletes and everything in between.

As a coach I am all about creating long term sustainable results that will leave you feeling both physically and psychologically stronger. I believe that you should be able to train toward your goals without having to sacrifice your social life outside of the gym. I will give you the tools and advice to set you on a path to a healthier and happier you.

In the fitness industry there is a lot of information readily available and it can be quite daunting to figure out which is good, and which is bad. My mission is to create real world practical solutions to fit your goals and lifestyle.

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**your  
potential**

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