

ADAM CUNNANE

QUALIFICATIONS

- Bachelor of Sport Science and Health
- Coaching Zone® Fitness Coach

AREAS OF EXPERTISE

- Strength and conditioning
- Sport performance
- Functional movement

BIO

Playing sport is something that I have done since I was young - it was this passion for fitness that helped me to turn my favourite hobby into a career

Throughout my career I have worked with a wide range of people from 20yr old athletes looking to enhance their performance, through to clients in their 60s looking to incorporate fitness into their everyday lifestyle.

In addition to being a Personal Trainer, my experience in running small group circuit sessions introduced me to becoming a Coaching Zone® coach.

I enjoy watching people excel through my sessions, and grow their confidence not just within the gym environment, but within themselves.



What sports do you play?

GAA and soccer.

Top workout tip?

Working to failure is one of the best ways to train your body.

Top nutrition tip?

Aim to have a source of protein with every meal.