



# Transform Your Body. Transform Your Life.



- ✓ Complete Body Transformation *"Posture, Fat Loss & Muscle Gain"*
- ✓ Expert Physique Coaching *"From Beginner to Advanced"*
- ✓ Certified Nutrition Coaching *"Fat Loss & Peak Performance"*
- ✓ Strength & Conditioning: *"Build explosive power and peak athletic performance"*
- ✓ Olympic Lifting & Running Performance: *"Master explosive technique and optimise running economy for total athleticism."*

## CONTACT NIKOS:

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 : [www.nikostrainer.com](http://www.nikostrainer.com)

## BOOK YOUR CONSULTATION

 [www.nikostrainer.com](http://www.nikostrainer.com)

 <https://calendly.com/nikosmoumou/new-meeting>



**Time For Fitness**

WITH NIKOS

# About Me

## Moumouris Nikos

-  Based in Edinburgh
-  Personal trainer
-  Certified Physique & Nutrition Coach
-  Strength & Conditioning Specialist
-  Running coach

*“True Transformation isn’t just physical; it’s mental, emotional, and lifelong.”*

### WHY I BECAME A TRAINER:

With 30 years of coaching experience, I've learned one fundamental truth: everyone has untapped potential waiting to be unlocked. I became a trainer because I wanted to be the person who helps others discover their **strength**, build their **confidence**, and achieve goals they never thought possible. What drives me every day is seeing the moment when a client realises they're capable of so much more than they believed. That transformation from **doubt** to **confidence**, from struggle to strength, is why I do what I do. Your success is my purpose.

-  Strength & conditioning
-  Fat loss and physique sculpting
-  Mindset and confidence development

# My Coaching Philosophy

## A Partnership for Sustainable Results

My approach is built on creating a supportive partnership to achieve your goals through methods that fit **seamlessly** into your life.

## My Core Principles:

 **Truly Personalised Programming:** *Tailored to your body, your goals, and your lifestyle.*

 **Science Made Simple:** *Applying proven methods in a clear, actionable way.*

 **Mindset & Confidence:** Building mental strength alongside physical transformation.

 **Building Lifelong Habits:** *Focusing on sustainable changes for lasting results.*

*Every plan I create is built around one person: you. We'll work with your unique strengths, preferences, and mindset to ensure your success.*

# My Specialist Areas

Focus Area	Description
 <b>Body Transformation &amp; Fat Loss</b>	Achieve <b>lasting</b> results through scientifically-designed workouts and sustainable nutrition.
 <b>Physique Sculpting</b>	Build <b>lean muscle</b> and create balanced, aesthetic proportions for a confident physique.
 <b>Strength &amp; Olympic Lifting</b>	Develop explosive power, technical mastery, and injury-resistant strength through Olympic lifting and compound movements
 <b>Performance &amp; Conditioning</b>	Boost your endurance, agility, and sport-specific performance for athletics, competition, or peak fitness.
 <b>Running &amp; Mobility</b>	Improve running efficiency, prevent injury, and enhance flexibility for lifelong movement quality.
 <b>Habit &amp; Mindset Coaching</b>	Forge the mental resilience and consistency needed to maintain your results for life.

*Ready to get started? Let's discuss which areas will help you achieve your goals.*

# Qualifications

*“My Professional Credentials”*



## ACADEMIC QUALIFICATIONS

- BSc in Physical Education & Sport Science  
– University of Athens

(4-year degree program with specialisation in Track & Field) 1991

## FITNESS CERTIFICATIONS

- Level 4 Strength & Conditioning Strength and conditioning education 2024
- Level 3 Personal Trainer – PT Academy 2023
- Level 2 Fitness Instructor – PT Academy 2020
- Certified Physique Coach – NASM 2025



## NUTRITION CERTIFICATIONS

- Certified Nutrition Coach – NASM 2025
- Level 3 Nutrition Supplements for Sport & Exercise – HFE 2023



## SPORT COACHING

- UEFA HFFF B Coaching Award - UEFA-Hellenic Football Federation 2012
- Track and Field – Running – University of Athens



## CONTINUING PROFESSIONAL DEVELOPMENT (CPD)

- Certificate Programme Design – PT Academy 2020
- Certificate - Squat Exercise – PT Academy 2020



# Who I Work With

*I work with anyone ready to transform their physique and mindset, whether you're a beginner or an athlete.*

I work with a diverse range of dedicated individuals, from time-pressed professionals and those navigating life beyond 40, to complete novices and experienced athletes. All share one goal: to truly transform their physique and mindset.

*Wherever you're starting from, we'll focus on your unique goals:*

- ✓ **Fat Loss & Body Sculpting** for a leaner, more defined physique.
- ✓ **Muscle Gain & Toning** for building functional strength and shape.
- ✓ **Strength & Athletic Performance** for boosting power, posture, and endurance.
- ✓ **Unshakeable Confidence & Energy** for renewed motivation for life.
- ✓ **Personalised Nutrition** for a sustainable eating plan tailored for you.

# How to Work With Me

Choose the coaching style that fits your goals:

## In-Person Coaching:

 **One-on-One Sessions (In-Gym).** *Maximum personalisation, hands-on coaching, real-time form correction*

 **Partner/Small Group (2-4 People - In-Gym).** *Cost-effective, motivating environment, shared accountability*

 **Mobile Training (Your Home or Local Park)** *Maximum convenience, training at your desired location.*

## Remote Coaching:

Online Training & Coaching (Via Trainerize App)

  **Nutrition & Physique Consultations (Online/)** *Focused advice for your diet and body composition goals.*

***Train smarter. Eat better. Feel stronger.***

 **Message me to start your transformation journey today.**

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**Or book PT INTRO - First Session"**

 <https://calendly.com/nikosmoumou/new-meeting>

# Let's Connect



**Browse My Services:** [www.nikostrainer.com](http://www.nikostrainer.com)



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<https://www.facebook.com/profile.php?id=61582049442768>



**Your Plan:** <https://nikoscoach.trainerize.com/>



**Train With Me:** Visit Puregym Edinburgh Exchange Crescent

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