



Suhaib Sumra

Fitness Professional/ Personal Trainer

Suhaib joined the team in 2017. Originally from Leicester, he studied Sport Science at Nottingham Trent University and was previously a Personal Trainer at Lifestyle Fitness Leicester for two years. At the start of his career, his focus with clients was simply weight loss or weight gain. However, as a successful coach at Cedars Sports, he trained a variety of clients with a wide range of goals, giving him the opportunity to research and develop as both a fitness professional and person.

His passion for fitness started at a young age and developed through a love for sport and a drive to play badminton and football at a competitive level. However, his focus as a personal trainer is on fitness/ nutrition and how it aids longevity, health, quality of life and balance both physically and mentally. He is excited to bring this focus to the Club and wants to help as many members as he can. Suhaib believes everyone can benefit from some instruction/ advice as each person will differ in terms of goals, fitness level, posture and nutritional needs.

Suhaib has a huge love for continual research, education and how innovative techniques can help his clients. Most recently he has undergone an online course on programme design by Charles Poliquin as well as researching functional training, the power of posture, myofascial release techniques and how they help performance and pain relief.

Away from work, Suhaib is a very health conscious and enjoys keeping active by playing a wide variety of sports as well as working on his own training regimen. He enjoys spending time with his friends in his downtime and endeavours to visit as many parts of the world as possible.