

# CHRIS ROSS BSc(Hons) - DIRECTOR OF PERFORMANCE



Internationally recognised Strength & Conditioning Professional with extensive knowledge and experience of developing elite athletes across a spectrum of sports. UKSCA, NSCA, ISAK, NASM and BWLA accredited.

Proven track record of delivering high quality support in a results orientated high performance environment, encompassing support to multiple key UK organisations and Governing Bodies.

Lecturer, module leader and consultant for undergraduate and postgraduate courses at two Universities in the Midlands. Mentor and coach within national S&C community. Renowned for elite support delivery and injury rehabilitation to athletes from over 50 mainstream, disability, summer and winter sports.

## **Professional qualifications and achievements**

UKSCA Accredited Strength & Conditioning Coach

NSCA Certified Strength and Conditioning Specialist

ISAK Level 1 accredited anthropometrist

BWLA Accredited Coach

NASM Performance Enhancement Specialist, Certified Personal Trainer

TPI Certified Golf Fitness Instructor

SAQ P Award

PALS athlete mentoring accreditation

Having represented GB and with numerous phases of rehabilitation from major injuries Chris understands that nothing beats hard work and that with a solid foundation you can achieve great things. With us leading you through progressive, structured and individualised support programs we'll make sure that effort gets rewards!

**Coach to the coaches!** - [more about the man who can help you lift powerfully and safely.](#)

If you want to be a weightlifting coach you need an accreditation from a qualified accreditation company. One of the best is **Primal in Leeds**.

**Chris designs and manages Primal's programs and signs off the new coaches**

**Flexibility and core strength** – Stoneleighfit is mad about this and will add a new dimension with **Primal Flow** - great animal based movements.

**Chris is Primal's head tutor in these courses.**

**Personal Training and direct enquiries to [chris@strength2perform.co.uk](mailto:chris@strength2perform.co.uk)**