

Damian Terrill

Credentials

BA (Hons) Psychology & Philosophy

FAETC - Further & Adult Education Teaching Certificate

British Amateur Weight Lifting Association (BAWLA) Coach

Key Programming Interests

Damian specialises in periodised training programmes engineered towards strength and power gains.

The programmes Damian writes are consistent with his underlying attitude towards training: The most effective methodology for achieving one's goals is underpinned by three key ingredients - hard work, dedication and commitment.