

CASE STUDY

motive8 Trainer Profile

Gareth Traves is the head Trainer at motive8 and has looked after our training department for the last 4 years. Gareth's main interests and expertise lie in performance and training for specific goals and targets, which has led to him working with numerous athletes and celebrities for a variety of events.

Gareth's academic background lies in exercise physiology, in which he has a masters of science from the University of Loughborough. During his time at university, he worked with the English Institute of Sport as an Applied Sports Scientist, educating, testing and training amateur and elite athletes of all ages.



Post university, Gareth also lectured on the subject whilst returning to his home town to start his career as a Personal Trainer.

Gareth has also spent time abroad in the United States, gaining experience as a Strength & Conditioning coach.

Outside of motive8 Gareth still enjoys a very active and outdoors-based lifestyle - he participates in numerous sports as well as competing in tennis, boxing and endurance events whenever possible. He also has a huge love of music and as a young adult Gareth performed with a number of orchestras and bands playing the piano, guitar and trombone.

“As beneficial as the time is that people spend with their trainer, its crucial that a trainer educates their client to provide them with the knowledge and tools required to reach their specific goals and targets. Realistically it is the discipline they display outside of their sessions that will really give them the edge to achieve their objectives.”

Gareth Traves, motive8 Personal Training Manager