

THE UAE'S BEST

PERSONAL TRAINERS



We reveal the five finalists as voted for by you!

WE ASKED YOU to rise to the challenge and find the best personal trainers in the UAE. You logged on to shapemagazine.ae and nominated those PTs in their droves. Narrowing it down to five finalists was tough but we did it... and here's who you thought deserved to make it to the finals of the SHAPE Personal Trainer of the Year 2010. Are you being trained by one of the best personal trainers in the UAE? Read on...

SHAPE FINALIST

Corey Oliver, Australia

His stats: Fitness Institute of Australia trainer and qualified in TRX, kettlebells and boxing.

His PB: Corey launched his company, Original Fitness, in both Abu Dhabi and Dubai, but he stood out from the crowd this year when he organised the Pink Biathlon – an event that raised money for a breast cancer charity.

His workout plan: "I create a friendly workout environment for my clients and continually remind them of their goals. I don't want to see them struggle, so if they're having problems with their diet, I'll take them food shopping and introduce them to other specialists that we work with. And if they've had a tough day, I will give them motivating messages just to get them moving."

His next target: Running a Cross Fit event in Dubai, which will find the fittest person in the city.

Progress report from SHAPE reader: "After my first session I could hardly move, but I felt compelled to go back. I am now about to embark on my first 10k competitive run."



SHAPE FINALIST

Derryn Brown, South Africa

Her stats: HFPA personal trainer, BA sports psychology, TRX trainer and Pilates instructor.

Her PB: Derryn's clients include members of the royal family.

Her workout plan: "I give my clients little exercises so that they can track their progression. I always have their programme with me, so they constantly know where they are up to. I also work hard to stay in touch with other health and fitness professionals, both here and abroad, so I know what the latest developments are."

Her next target: Ex-Core Direction PT Derryn, is now about to launch the PT arm of the One Hundred studio in Healthcare city.

Progress report from SHAPE reader: "I've been training for 20 years and Derryn is the best trainer I've ever had. I'm so impressed at how an hour's session passes by and I manage to do everything in the programme she organises for me."



SHAPE FINALIST

Shane Rutherford, Australia

His stats: Degree in sports science and Australian Fitness Federation trainer.

His PB: Shane launched the Teachers of Dubai Eight Week Challenge, which was a bootcamp designed to get Dubai's teachers into shape. And he also organized the RAK Adventure Challenge through the mountains, which comprised running and cycling.

His workout plan: "I have clients who are training for competitions, but I'm aware that I have clients who have lives outside of the gym too. I do my best to reassure them that health and fitness is easy and it isn't a chore."

His next target: Next year Shane plans to complete five triathlons and climb Mount Kilimanjaro.

Progress report from SHAPE reader: "Shane's got me working out because I am excited about my potential. I lost 20kg in the last two years and Shane has been instrumental in that."



SHAPE FINALIST

Amy Saunders, United Kingdom

Her stats: Future Fit trainer level 3, pre and postnatal instructor, kettlebell instructor, kickboxing instructor.

Her PB: Launching Urban Energy Fitness which specialises in prenatal and postnatal exercise.

Her workout plan: "First of all, I like to look the part, if I didn't people wouldn't want to train with me. I am also full of energy when I come to my sessions and I make sure I give my clients lots of variety so they don't get bored."

Her next target: In 2011, Amy plans to gain a sports rehab qualification and look at moving Urban Energy into Abu Dhabi.

Progress report from SHAPE reader: "Amy helped me lose 25kg and got me running marathons from a standing start in just nine months."



SHAPE FINALIST

Jonathan Clayton, Dubai

His stats: Fitness Institute of Australia instructor, postnatal, kettlebell and TRX.

His PB: "Providing a PT service 24/7. If a client is about to waver when out at dinner, I'm more than happy to answer texts and offer advice."

His workout plan: "I make training as fun as unconventional as possible. Workouts can include anything from kettlebells and sandbags to rope training and wheelbarrow races."

His next target: To launch a kettlebell club in Dubai.
Progress report from SHAPE reader: "I've had more than 100 sessions with Jonathan and I can't recall any two sessions being the same."



THE WINNER REVEALED NEXT ISSUE

Check out the next issue of SHAPE where we reveal the winner of the Personal Trainer of the Year 2010. If you nominated this PT you will immediately go into a prize drawer for a spa day at the five-star Palace Hotel spa.