



One of the most experienced personal trainers in Brussels

Friedel is one of the most experienced trainers in Brussels. He has been a fitness professional for more than 12 years and a full time personal trainer for more than 7 years.

He got his degree in Sports and Science (1996) and Physiotherapy (1998) at the Brussel Free University (VUB). Since then, he attended the International Fitpro Personal Training Conference in 2000, 2002 and 2005 in Loughborough England, became an ACSM certified trainer in September 2002 at KULeuven University and was asked as a presenter for several courses and workshops throughout Belgium.

In September 2003 he opened up his own gym called "I Feel Good" in Brussels ([Personal Training Fitness Club www.i-feel-good.be](http://www.i-feel-good.be)

) and recently he started training with some professional athletes in Belgium.

Thanks to his intensive training and vast experience with all types of clients, Friedel will be the perfect trainer for you: even if you have injuries, need post rehab training, are a busy manager trying to squeeze in some exercise to perform better or if you are a professional athlete already.

If you wish to contact Friedel, please call +32(0)486 50 30 52 or send him an email at [Friedel, Personal Trainer](mailto:Friedel@i-feel-good.be)