

Name: Karl Donoghue

Hometown: Dublin, Ireland

Area of Specialty: Strength & Fitness

About Karl

Having competed in a vast variety of sports from an early age, Karl developed an interest in the strength and fitness aspect which was a relevant and important component of all the sports he played.

A motivating factor for Karl is that he has witnessed the impact physical training can have on a person's mental health and continues to help his clients with their mental wellness through his physical training.

Karl is an NEFPC (National Elite Fitness Professionals Certificate) qualified trainer in the following areas; Strength and Conditioning, TRX training, Kettlebell training, Olympic lifting, Sports teams training.

Karl transitioned into professional training on a full time basis over 2 years ago and hasn't looked back since.



PERSONAL INFO

Favourite Soccer Team

Manchester United

Position played

Forward

Greatest Achievement

Athlete of the Year
(2007) St Davids
CBS: 42 goals

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