

David Platt – Ex-professional football player.

Teams – Aston Villa, Bari, Juventus, Sampdoria and Arsenal. England captain.

Manager – Nottingham Forest, Sampdoria and England U-21s



“I found training with Mark was very motivational. He encouraged me both mentally with his knowledge and ability to provide variety, both in terms of training generally and the constant rehab work needed for a professional footballer after he has had surgery.

I still use many of his ideas now, both for myself and with the group of players I have at my disposal both at Nottingham Forest Football Club and the England U-21 Squad.”

“A total commitment is paramount to reaching the ultimate in performance.”



David Platt

Sport

Professional Football

Requirements

Fitness conditioning and rehabilitation work.

MG Business Health Solutions

- Sports specific coaching program

Participants

David Platt

Outcome

Better understanding of training techniques and hamstring rehab strengthening with no further injuries.