

Getting personal

You don't have to be a celeb to have a personal trainer, says workout wonder Rhona MacGregor



GIRL POWER: Rhona works the TRX ropes. SMIHD140212fitness-1



WORKING HARD: This improves your core strength. SMIHD140212fitness-8



PERFECT POISE: Rhona gets to grips with the kettlebell. SMIHD140212kettle-15



By Lorraine Howard

KILWINNING personal trainer Rhona MacGregor is someone who never dreads going to work.



WORKOUT: Rhona is a big fan of kettlebells. SMIHD140212kettle-16

She describes her fitness career as one that makes her the luckiest girl in the world.

And since graduating from with Glasgow University with a degree in Physiology and Sports Science she has worked in the fitness world.

The busy 26-year-old

teaches Kettlebell training throughout North Ayrshire including Kilwinning Academy and The Studio in Saltcoats.

And she also runs a boot camp twice a year with friend Louie Fecou for women who want to get outside and work out.

During the day she works for KA:Leisure and a private company in Glasgow.

Yet, she still makes time for training people on a one-to-one and a group basis.

She can regularly be seen out and about at Irvine Beach and Ardrossan Beach putting clients through their paces.

When the Irvine Herald went along for a session, Rhona used TRX ropes, kettle bells and good old fashioned running to keep reporter Lorraine Howard on her toes.

Taking pride and feeling proud of the people she trains is something else that keeps Rhona motivated.

"I have the best clients and

I am so proud of all of their achievements," said Rhona.

"Whether it's being able to walk up the stairs more easily or run their first half marathon, I love seeing them become more confident as their bodies start to change shape.

"And I love seeing them begin believing in themselves once they realise what they are actually capable of.

"Not only that but we somehow manage to do all this and have fun too.

"Personal training is not just for celebrities, I work with real people and it takes us out of the gym and outside, what could be more motivational?"

And when she's not officially working, Rhona spends her time wall climbing, kayaking and hill walking - always on the go and definitely not a woman to sit on her laurels.

For more information on Rhona's fitness training visit her website at www.rhona-personaltraining.co.uk.



ON THE RUN: Rhona runs through the sand dunes. SMIHD140212run-4