

Simon has been in the fitness industry for over 20 years and has accrued a wealth of academic and practical experience.

Academically Simon holds 3 degrees in Sports and Exercise Science, 2 gained in his native South Africa and a Masters degree earned in the USA. He is a qualified exercise physiologist and a Certified Strength and Conditioning Specialist.

Practically, Simon has completed military service in the South African Navy, worked as a exercise physiologist for the emergency services in South Africa and worked as Strength and Conditioning Coach for a premiership rugby team with international players.

In addition to running ULTM8ONE, Simon is at present the Strength and Conditioning Coach at Hitchin Rugby Club and Head of Rugby at The John Henry Newman School.