



Samuel James Guest

Qualifications

- Certified **Bulletproof Human Potential Coach**, using biohacking and self quantification to unlock clients full potential.
- Certified **Functional Diagnostic Nutrition Practitioner**, this allows me to order lab tests for clients, interpret the results and develop an exercise, nutrition and lifestyle protocol based on their individual biomarkers.
- **ISSA** certified and **FEEPYF** accredited Personal Trainer.

Education History

1997-2000 *Aston University. BSc - Computer Science/Ergonomics*
1995-1997 *Notre Dame Sixth Form College. 4 A levels - B, B, B, C.*
1990-1995 *Cardinal Heenan High School. 10 GCSE's - 7 A's (inc. Maths and English), 3 B's.*

Work Experience

2016+ *CEO at Tantrum X Performance*
Peak performance coach, working with older (40+) extreme sports athletes to take their performance to the next level by focussing on nutrition, fitness, cellular energy, flow state theory and mindset.

2008 - 2016 *Director/Head of Sports Performance at Tantrum Kitesurf, Spain*
Created the world's first (and only) kitesurfing performance company. In charge of all aspects of the business, including designing, overseeing and delivering our kitesurf specific exercise, nutrition and recovery programs through week long camps, online courses and in person coaching to 500+ clients a year. Personally responsible for taking clients from total beginners to, in some cases, kitesurf professionals. Ranked by The Guardian newspaper in the top 10 fitness and activity holidays in Europe and was #1 on Trip Advisor based on hundreds of 5 star client reviews for 7 straight years.

2005 - 2008 *Personal Trainer at Tigers Gym, UK*
Working as part of a team of trainers and individually with my own clients, I worked on the gym floor, leading various classes and independently training private clients using the gyms' facilities.

2002 - 2005 *Chief Instructor at PGL Travel, France*
Instructing, programming, staff training, managing and motivating the sporting activities department and ensuring the product was delivered to a high standard. Responsible for 40 staff. Achieved 100% feedback score in all activities.

2000-2002 *2nd Lieutenant in the Royal Marines, UK*
Planning and leading a troop of 30 men into a combat situation and ensuring that the mission objectives were met.

Other

- Speak English & Spanish fluently.

Tel: (+34) 650 138 090

Email: sam@tantrumx.com