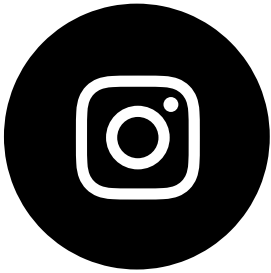


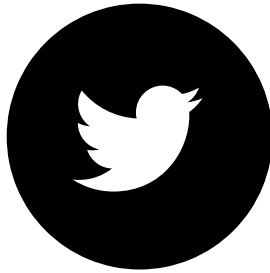


ELIAS ABBEY-PEDLEY

PERSONAL FITNESS TRAINER + SOSPA EVENTS MANAGER



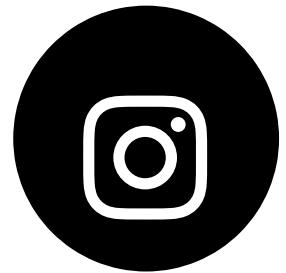
@PTELIASABBHEY



@PTELIASABBHEY



ELIAS ABBEY-
PEDLEY



@SOLEANAND
CLEAN

9

- Elias has achieved an impressive career & portfolio in fitness
- An outstanding professional
- Elias plays an essential & pivotal role as host & fitness coach with SoSpa Fitness holidays.
- He ensures everybody feel confident with themselves
- Exudes charisma, commitment to assist everyone to their goals.
- With his fun, knowledge & application all enjoy a very unique workout experience.
- A key advisor for the So Lean and Clean online and food hamper packages
- Elias's specialities are;
- Functional Training
- Pregnancy
- Boxing/Box Fitness to produce lean body mass
- Strength Training
- Cardiovascular Training