

Dwayne Paul is the Director, Head Trainer and founder of Limitless Training Club and Limitless Youth Performance.

He is an ex-Combat Engineer and Bomb Disposal Operator in the British Armed Forces where he served for 13 years. Dwayne is keen to give back to the community and recognises that sport, routine and fitness can be of huge benefit to young people who are struggling to engage in traditional schooling. Since opening LTC he has worked closely with a number of mainstream and special schools to provide off-site physical education sessions.

Dwayne is highly qualified in the field of Sports and Rehab is certified with Level 4 S&C , level 3 Sports Performance specialist Athletics development coach , Master Personal Trainer, qualified PT Tutor and assessor VertiMax Master Trainer, and an member Chartered Institute for the Management of Sport and Physical Activity (CIMPSA).