

# Max Bateman DiversiFit

..... DIVERSE PERSONAL TRAINER .....

**My name is Max Bateman. I have studied various disciplines of Martial Arts for over 30 years. I have achieved black belt in Tae-Kwan-Do, a purple belt in Brazilian Jiu Jitsu (BJJ) and have trained in boxing, kickboxing and Muay Thai.**

In 2005, just prior to leaving for a dream trip to train BJJ in Brazil I injured my back.

I didn't listen to my body and I went to Brazil and trained anyway!

When I returned to the UK I continued to train BJJ regardless of the severe pain in my back and when I eventually listened to my wife and saw a specialist it was revealed that I had a severely prolapsed disc in my spine and was lucky that I was still walking.

In a true, stubborn, young man fashion, and against my specialist's advice, I still didn't stop training. It wasn't until I suffered a freak Judo accident, resulting in breaking my tibia and fibula (leg bones) that I eventually had to stop. The immobility that resulted caused my back to decline rapidly.

When I could walk again I was forced to look at my training regime. If I was to continue to train BJJ I would do further damage to my back. I knew that if I continued in this reckless manner I would eventually be at the point where I could not pick up my young daughters. This was a wakeup call for me so I chose to focus on strengthening my back and its muscles, I decided to lift weights.

I eventually, (6 months later), managed to fix 10 years of pain in my back as well as all discomfort that resulted from the surgery in my leg. I have learned from my experiences and stubbornness.

I did not want other people to suffer so I decided to get into personal training. I want to help those in pain recuperate from injury, but also help people realise their goals and discover what their body is capable of.

I am a motivated trainer who aims to motivate you and help you reach your goals and beyond. Please feel free to give me a call, we can discuss what your goals are and how we can reach them together.



**Max**

[www.max-bateman-diversifit.co.uk](http://www.max-bateman-diversifit.co.uk)