join

THE UK'S TOP COACHING TEAM

TEAM DW

WHY CHOOSE TEAM DW?

TEAM DW ARE A TEAM OF HIGHLY ADVANCED COACHES WORKING WITH EVERYONE FROM PRO ATHLETES TO COMPLETE BEGINNERS.

WHETHER YOU WANT TO COMPETE AT A HIGH LEVEL, DO A PHOTOSHOOT OR JUST IMPROVE YOUR LIFESTYLE, WE HAVE YOU COVERED.

WITH MORE THAN 25 YEARS COMBINED COACHING EXPERIENCE, WE PRIDE OURSELVES ON BRINGING OUR CLIENTS THE BEST SERVICE AVAILABLE TO THEM FROM ONE OF THE UK'S LEADING COACHING TEAMS.

ALL OF OUR EXPERIENCE AND SKILL SETS ARE PRODUCTS OF OUR PASSION FOR SUCCESS WITH OUR CLIENTS.

SO FAR WE HAVE HELPED OUR CLIENTS WIN:

20 X PCA PROFESSIONAL CARDS
1 X IFBB PRO CARD
41 X BRITISH TITLE WINS
100+ OVERALL WINS
300+ SHOW WINS

WHAT OUR ATHLETES SAY

★★★★★

"I WAS THE GIRL WHO "COULD NEVER COMPETE". I TOOK THE LEAP AND GOT 5 WEEKS OUT WITH A DIFFERENT COACH BEFORE THE PANDEMIC HIT AND I WENT BACKWARDS IN PROGRESS AND CONFIDENCE.

THIS WAS THE BEST THING TO HAPPEN TO ME IN HINDSIGHT AS IT LEAD ME TO ENQUIRE WITH DAN.

THE REST IS TRUE HISTORY! DAN TOOK ME FROM NOTHING TO PCA PRO FIGURE CHAMPION.

INCREDIBLE EYE TO DETAIL BUT WITHOUT OVERWHELMING ME. HIS APPROACH IS PROFESSIONAL YET FRIENDLY. HE MADE BODYBUILDING FUN & I ENJOYED EVERY PART THE PROCESS. WHEN I WAS DOWN, HE PICKED ME UP. WHEN I WAS BURNT OUT HE PULLED ME BACK BUT WHEN I WAS MOANING HE PUSHED ME FORWARDS.

IF YOU ARE ON THE FENCE WATCH MY YOUTUBE PREP SERIES & YOU'LL SEE JUST HOW MUCH DAN HELPED ME ACHIEVE 4 WINS, 1 OVERALL, 1 BRITISH TITLE & 1 PRO CARD. FOREVER GRATEFUL SO THANKYOU DW."

GEORGIE COOPER
PCA FIGURE PRO

Georgie Cooper

Fitness / Lifestyle Blogger Instagram: @__georgiefit @coachedbygeorgie

WHAT OUR ATHLETES SAY

★★★★★

“PUTTING MY FULL TRUST DAN TO GUIDE ME THROUGH MY PREP WAS THE BEST THING I EVER DID. HIS KNOWLEDGE AND EXPERIENCE IS UNDENIABLE. I WENT ON TO ACHIEVE 2 PRO CARDS AND A MISS UNIVERSE TITLE WHICH I NEVER THOUGHT POSSIBLE.

I ONLY HAVE POSITIVE THINGS TO SAY ABOUT DAN AS A COACH, HE TRULY CARES ABOUT HIS CLIENTS AND YOU’RE ALWAYS GUARANTEED A BIT OF HUMOUR ALONG THE WAY!“

MILLIE DUNN PCA BIKINI PRO

★★★★★

“I’VE BEEN WORKING WITH DAN FOR OVER A YEAR AND IT’S BEEN NOTHING BUT SMOOTH SAILING, NO BS WITH DAN JUST HONEST ADVICE/GUIDANCE.
TONNES AND TONNES OF EXPERIENCE THAT GETS RIDICULOUS RESULTS I MEAN THAT’S ALL YOU COULD NEED IN A COACH IF YOU ASK ME!

TOOK ME FROM AMATURE TO A PCA PRO IN UNDER 9 MONTHS. I HONESTLY COULDN’T RECCOMEND DAN ENOUGH BEEN PLEASURE WORKING WITH HIM AND LOOK FORWARD TO THE FUTURE “

SOPHIE SANDS PCA WELLNESS PRO

★★★★★

DAN WELBURN

Head Coach

PCA PRO - JUDGE - MR UNIVERSE - 15 YEARS EXPERIENCE

TEAM DW

COACHING CRITERIA:

FIGURE

BIKINI

WELLNESS

PHOTOSHOOTS

COMMITTED LIFESTYLE CLIENTS

WHAT IS INCLUDED:

- FULLY TAILORED TRAINING PLAN
- FULLY TAILORED NUTRITION PLAN
- WHATSAPP CONTACT SUPPORT
- WEEKLY CHECK INS
- MORE FREQUENT CHECK INS ON PREP
- PEAK WEEK AND SHOW DAY PLANNING
- POSING ANALYSIS
-
-

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DAN WELBURN

Head Coach

DAN IS ONE OF THE MOST ACCOMPLISHED AND EXPERIENCED COACHES IN THE UK.

HE HAS WALKED THE WALK HIMSELF IN THE BODYBUILDING CIRCUIT FOR MANY YEARS, PREVIOUS TO HIS RETIREMENT FROM COMPETING HE WON MANY NATIONAL AND INTERNATIONAL TITLES, INLCUDING THE HIGHLY PRESTIGIOUS MR UNIVERSE TITLE AND HOLDS PRO CARDS WITHIN PCA AND NABBA.

HE HAS 14 YEARS COACHING EXPERIENCE, HUNDREDS OF SHOW WINS, 20+ PRO CARDS ACROSS MULTIPLE FEDERATIONS.

DAN HAS SPECIALISED WORKING WITH FEMALES FOR MANY YEARS, IT WOULD BE DIFFICULT TO FIND ANOTHER COACH WITH AS MUCH SUCCESS AND CONSISTENCY WITHIN THE UK CIRCUIT.

HIS APPROACH:
ALTHOUGH DAN IS PRIMARILY A MEAL PLAN BASED COACH HE WILL ACCOMMODATE FLEXIBILITY WITHIN THE PLAN OUTSIDE OF CONTEST SEASON. OFF PLAN MEALS AND DAILY FREEDOM CALORIES WITHIN THE FOOD PLAN ARE ALWAYS TAILORED IN FOR CLIENTS.

AMY ROBERTSON

Head Female Coach

PCA PRO - X2 BRITISH CHAMPION - BSC HONS NUTRITION
EX INTERNATIONAL GYMNAST - L3 PT - 7 YEARS EXPERIENCE

TEAM

COACHING CRITERIA:

FIGURE

BIKINI

WELLNESS

FITNESS

PHOTOSHOOTS

COMMITTED LIFESTYLE

CLIENTS

GYMNAST BACKGROUND

WHAT IS INCLUDED:

- FULLY TAILORED TRAINING PLAN
- FULLY TAILORED NUTRITION PLAN
- WHATSAPP CONTACT SUPPORT
- WEEKLY CHECK INS
- MORE FREQUENT CHECK INS ON PREP
- PEAK WEEK AND SHOW DAY PLANNING
- FULLY STRUCTURED REVERSE / POST SHOW

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AMY ROBERTSON

Head Female Coach

AMY HAS YEARS OF SUCCESSFUL EXPERIENCE AS A BODYBUILDING COACH, COACHING MANY ATHLETES THROUGHOUT MULTIPLE CATEGORIES FROM FIRST TIMERS TO PRO ATHLETES WITHIN PCA AND IFBB.

AMY HAS BEEN WORKING AS HEAD FEMALE COACH WITH TEAM DW FOR THE LAST FEW YEARS AND HAS A VAST AMOUNT OF EXPERIENCE DELIVERING RESULTS AT HIGH LEVEL AND CONSISTENLY SEASON TO SEASON.

HER APPROACH:

ALTHOUGH AMY IS PRIMARLIY A MEAL PLAN BASED COACH, SHE WILL ACCOMMODATE FLEXIBILITY WITHIN THE PLAN OUTSIDE OF CONTEST SEASON. OFF-PLAN MEALS AND DAILY FREEDOM CALORIES ARE ALWAYS TAILORED IN WITH IIFYM FOR WEEKENDS, FAMILY MEALS AND EASY WORK LIFE IF REQUIRED.

MEG MCEVELEY

Prep Coach & Lifestyle Specialist

PCA PRO - DFAC PRO - INPA WORLD CHAMPION - L3 PT
3 YEARS EXPERIENCE

COACHING CRITERIA:

FIGURE

BIKINI

WELLNESS

NATURAL FEDERATION

PHOTOSHOOTS

LIFESTYLE CLIENTS

BEGINNERS

STRENGTH / POWERLIFTING

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MEG MCEVELEY

Prep Coach & Lifestyle Specialist

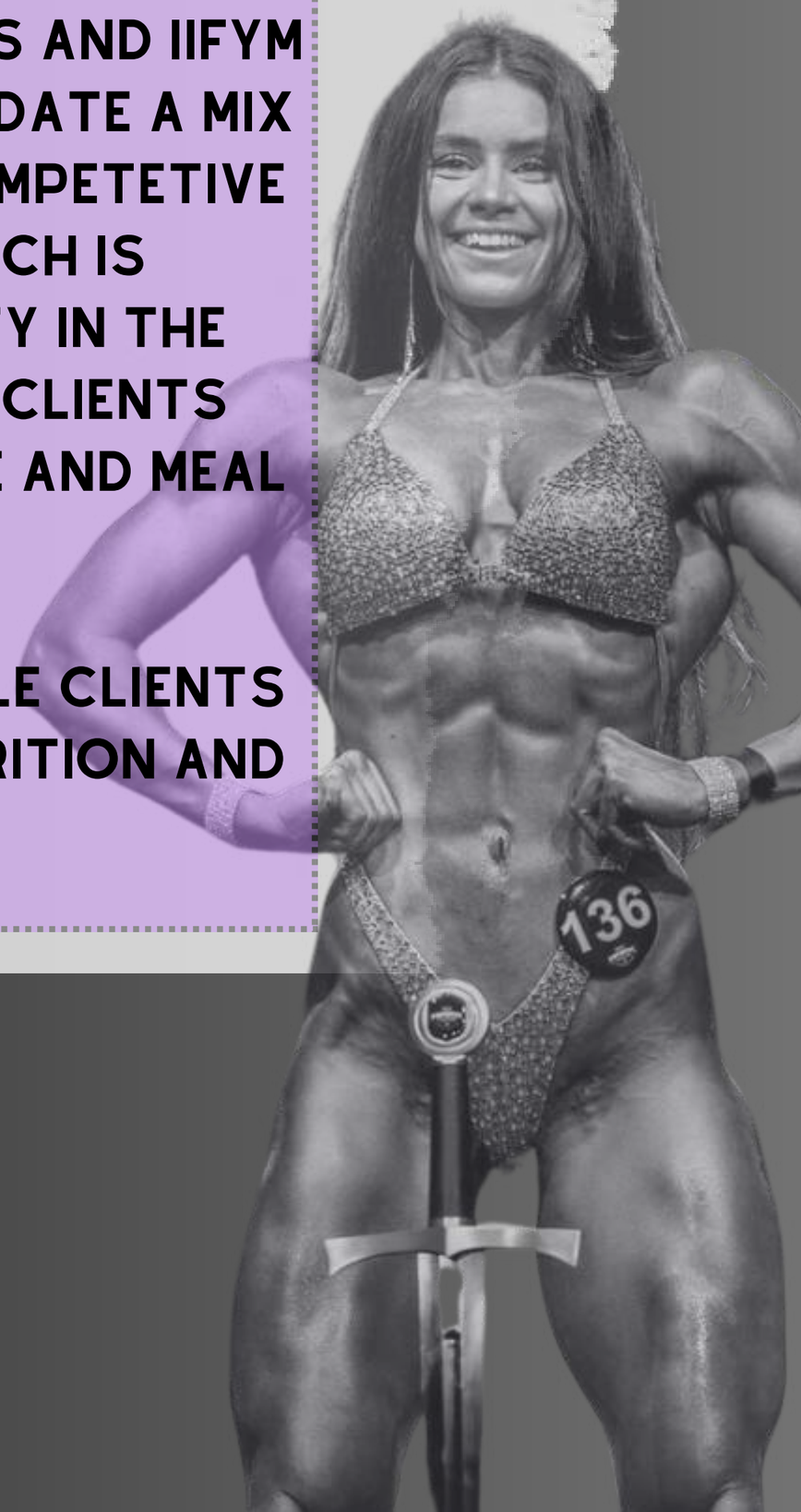
MEG IS AN EXPERIENCED NATURAL FIGURE ATHLETE AND COACH. SHE HAS COMPETED ACROSS SEVERAL BODYBUILDING FEDERATIONS INCLUDING PCA, UKDFBA AND BNBF. SHE IS NOW A PCA AND DFAC PROFESSIONAL ATHLETE AND HAS WON OVERALLS ACROSS BOTH FEDERATIONS.

MEG HAS ALMOST A DECADE OF TRAINING EXPERIENCE, IN BOTH POWERLIFTING AND BODYBUIDLING.

HER APPROACH:

MEG WORKS WITH BOTH MEAL PLANS AND IIFYM STYLE CLIENTS AND CAN ACCOMMODATE A MIX OF BOTH WHERE REQUIRED. FOR COMPETETIVE CLIENTS A MEAL PLAN APPROACH IS PREFERRED WITH MORE FLEXIBILITY IN THE OFFSEASON, WHEREAS LIFESTYLE CLIENTS ALLOWING TO SUIT BUSY LIFESTYLE AND MEAL PREFERENCES.

SHE AIMS TO EDUCATE HER LIFESTYLE CLIENTS ON THEIR UNDERSTANDING OF NUTRITION AND TRAINING.



MORE CLIENT REVIEWS

"I STARTED WORKING WITH DAN AND TEAM DW RIGHT AFTER MY FIRST TIMERS SHOW IN 2022. I ALWAYS KNEW I WANTED HIM TO COACH ME FURTHER IN MY BODY-BUILDING JOURNEY.

FROM THE OUTSIDE, HIS METHOD OF COACHING REALLY STOOD OUT TO ME. HIS CLIENTS ALWAYS SEEMED SO HAPPY AND THE WAY THEY WOULD DOMINATE THE STAGE WAS REALLY INSPIRING TO ME. I KNEW ONE DAY I WANTED THAT TO BE ME. HIS WAY OF WORKING WITH CLIENTS IS SECOND TO NONE.

I HAVE NEVER FELT OUT OF PLACE DURING MY TIME WITH DAN, FROM THE OUTSET HE ALWAYS MADE ME FEEL LIKE I WASN'T JUST A NUMBER AND REALLY TOOK THE TIME TO LEARN HOW I RESPOND TO A PLAN BOTH MENTALLY AND PHYSICALLY AS A FIRST-TIMER.

I NEVER HAD MUCH BELIEF IN MYSELF, ALL I DID WAS FOLLOW WHAT DAN TOLD ME TO DO AND DID IT TO THE BEST OF MY ABILITY.

HIS EYE FOR DETAIL IS WHAT REALLY SETS HIM APART IN MY EYES. THE LONGER WE WORKED TOGETHER, THE TRUST GREW. HE HELPED ME THROUGH INJURY, GAVE ME WAYS TO LEVEL UP MY TRAINING THROUGH FORM FEEDBACK AND NEVER MADE ME FEEL LIKE I HAD LET HIM DOWN IF I MESSED UP ONE WEEK.

I WOULD NEVER OF THOUGHT I'D BE GOOD ENOUGH TO COMPETE LAST SEASON IF IT WASN'T FOR HIM. AS MY SEASON CAME CLOSER, THE AMOUNT OF CONSTANT COMMUNICATION REALLY KEPT ME GOING. HIS WORK AND BUSINESS STANDARDS NEVER DROPPED AND IT SHOWS IN HOW I LOOKED ON STAGE. WE CAME AWAY WITH 3 OVERALLS, A BRITISH TITLE AND A PRO CARD.

HE MADE EVERYTHING SUPER EASY WHEN IT CAME TO PREP AND PEAK WEEKS. YOU ALREADY HAVE SO MUCH GOING ON IN YOUR HEAD ALREADY THE LAST THING YOU WANT TO BE STRESSED ABOUT IF YOUR PLAN CHANGING THROUGH THIS CRITICAL STAGE. HIS METHODS ARE HONESTLY GENIUS AND IT MAKES FOR A SMOOTH PREP AND A HAPPY CLIENT!

IF YOU WANT A COACH WHO TELLS YOU IT STRAIGHT, DOESN'T MESS YOU AROUND AND WINS YOU SWORDS. DAN IS THE MAN FOR THE JOB"

- JOANNE WATSON
PCA BIKINI PRO & BRITISH CHAMPION

MORE CLIENT REVIEWS

★★★★★

"I JOINED TEAM DW WITH DAN IN FEBRUARY 2022 WITH THE INTENTION OF COMPETING RIGHT AWAY. I HAD NEVER COMPETED BEFORE DAN TOOK ME ON AND I CAN HONESTLY SAY I'VE NEVER LOOKED BACK. HIS STYLE OF COACHING IS NO NONSENSE AND EFFECTIVE.

I NEVER THOUGHT I'D BE ABLE TO LIVE ON MEAL PLANS AND A STRUCTURED TRAINING REGIME BUT HERE I AM 2 OFF SEASONS, 2 PREPS AND PCA PRO CARD LATER LOVING EVERY MINUTE. ALL TRAINING PLANS ARE TAILORED TO EACH CLIENT AND ARE GOAL DRIVEN.

IT'S FAIR TO SAY THE RESULTS SPEAK FOR THEMSELVES. HIS KNOWLEDGE OF THE SPORT IS VAST AND HE'S CONSTANTLY EVOLVING AND FINDING THE BEST ROUTE IN A VERY DIFFICULT SPORT."

KIRSTY ELLIOTT
PCA FIGURE PRO & BRITISH CHAMPION

MORE CLIENT REVIEWS

"I HAVE BEEN COACHED BY DAN FOR ALMOST 4 YEARS NOW, AND HE HAS TAKEN ME FROM STEPPING ON THE AMATEUR STAGE TO WINNING OVERALLS AND PRO CARDS ACROSS DIFFERENT FEDERATIONS.

WHAT I LOVE THE MOST ABOUT DAN'S COACHING METHODS IS THAT THEY ARE NOT OVER COMPLICATED AND YET VERY EFFECTIVE. THROUGH BOTH OFF SEASON AND PREP I LOVE EVERY PART OF MY PLAN, WHICH FOR ME IS KEY IN WHAT I WOULD WANT FROM A COACH. HIS PERSONALISED APPROACH AND ATTENTION TO DETAIL HAVE HELPED ME BECOME MY ABSOLUTE BEST; WAY MORE THAN MY OWN EXPECTATIONS OF WHAT I WAS CAPABLE OF.

I AM SO GRATEFUL FOR HIS GUIDANCE AND BELIEF IN MY POTENTIAL FROM THE BEGINNING"

KELSEY BARTLETT
PCA & NFMUK BIKINI PRO

MORE CLIENT REVIEWS

I CAME TO DAN AFTER MY FIRST SEASON IN BODYBUILDING WITH A PREVIOUS COACH, AFTER A POOR FIRST PREP AND VERY POOR REBOUND I WASN'T IN A GOOD PLACE.

CONSIDERING THE POSITION I WAS IN TO START A PREP, DAN MADE NO PROMISES TO GET ME ON BOARD, HE SAYS IT HOW IT IS, AND IS PROBABLY THE MOST GENUINE COACH OUT THERE THAT PRIORITISES CLIENT HEALTH OVER WINS.
I WAS PERSISTENT AND WE CARRIED ON WITH THE PREP AND WON MY PRO CARD.

EVEN THOUGH 'ON PAPER' IT WAS A HARDER PREP THAN THE PREVIOUS YEAR. IT WAS SOOO MUCH EASIER!!! SOME HOW HE MADE IT FEEL LIKE A BREEZE! DAN CERTAINLY KNOWS HOW TO LOOK AFTER HIS CLIENTS!

I FELL BACK IN LOVE WITH BODYBUILDING WHICH I'D LOST FROM A TERRIBLE REBOUND, WHICH ACTUALLY SCARED ME TO REVERSE AGAIN AFTER MY SHOW BUT DAN PUT ME AT EASE THE WHOLE WAY THROUGH MY REVERSE, THIS IS WHERE I THINK DAN SHINES AS A COACH, I COULD NOT HAVE GOTTEN THROUGH THOSE WEEKS OF REVERSING WITHOUT HIS SUPPORT. HE HAS THE PATIENCE OF A SAINT.

I AM NOW THE HAPPIEST AND HEALTHIEST I HAVE BEEN IN YEARS!

I WISH I SIGNED UP SOONER! I HAD DOUBTS OF DAN BEING SUCH A BUSY COACH HE MAY NOT HAVE TIME TO DEDICATE TO EVERY SINGLE ONE OF HIS CLIENTS AND HAVE THAT PERSONAL TOUCH, BUT THAT WAS FAR FROM THE TRUTH,

I GENUINELY FELT LIKE I WAS HIS ONLY PRIORITY AND HE WAS JUST AS INVESTED IN MY JOURNEY AS ME, IF NOT MORE.
YOU REALLY FEEL LIKE HE HAS YOUR BACK 110%."

EMILY COWBURN
PCA BIKINI PRO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