

Samantha Clayton Working With Cristiano Ronaldo

Real Madrid superstar Cristiano Ronaldo has revealed British Olympic sprinter Samantha Clayton, who is also Herbalife Director of Worldwide Fitness Education, as his personal trainer and the woman that keeps him in shape.



Samantha is co host of [Herbalife's 24Fit DVD fitness program](#), a box set with 13 DVDs; a 24-week workout program covering flexibility, cardio and strength training.

Herbalife is proud to be the Global Nutrition Partner of Cristiano Ronaldo.

Herbalife Nutrition provide nutrition experts to help Ronaldo fuel his game, including Dr John Heiss, the man behind Herbalife24 sports range. Herbalife's fitness expert, Samantha Clayton, helps him with his fitness off the pitch too.

24 Fit DVDs

Strength training done properly, with clear instruction from the 24 Fit Workout DVDs(12 DVDs plus intro DVD) will NOT give

you large muscles, but increase your metabolism which burns more calories and transforms your body into an efficient machine with the tone that we all strive to attain! It's all about progression, based on the science of periodisation training, taking you through three 8 week phases during the 24 week programme. With 3 levels of difficulty so any age, any condition, anyone can build a better body! (beginner, intermediate and advanced). Complete the 24 week programme, then re-start going up a level and using a new resistance band.

[Real Madrid superstar Cristiano Ronaldo has revealed British Olympic sprinter Samantha Clayton as his personal trainer and the woman that keeps him in shape](#)

Samantha Clayton Personal Trainer

Samantha Clayton is an Olympic athlete, fitness instructor, spokesmodel and mother of four. She is a certified personal trainer and uses her experience to help others reach their fitness goals. Dr Luigi Gratton introduces Samantha Clayton, fitness expert & former competitive sprinter to Herbalife. Look out for Samantha's fitness advice in future.