

Tasos Hamberis is one of the most distinguished personal trainers in Greece, with significant international experience and a pioneering presence in the fitness industry. He studied and obtained specialized certifications in Germany, where he was introduced to advanced training methods and a personalized approach to fitness. Upon returning to Greece, he was the first to introduce the “Personal Studio” philosophy, revolutionizing the field of one-on-one training.

His professional journey includes collaborations with some of the biggest names in fashion, film, and sports. His clientele features globally recognized personalities such as Claudia Schiffer, Heidi Klum, Gisele Bündchen, Franka Potente, and Michael Schumacher — a testament to the prestige and credibility of his work.

Today, Tasos Hamberis runs his own Personal Studio in Kolonaki, Athens, under the name *Power-place by Tasos Hamberis*, where he offers specialized personal training services. His sessions are based on individualized programs tailored to the needs, physiology, and goals of each trainee. He focuses on quality, consistency, and effectiveness, helping his clients achieve significant physical and psychological results.

Tasos Hamberis’ career is a model of professionalism and innovation in the fitness industry in Greece.