



Brian

As a coach, I offer personalized training programs that follow a logical, framed, structured, and effective progression. By aiming at improving physical fitness, nutrition and sport performance, these programs respect the specific abilities and needs of each individual. In addition, I combine my knowledge of fascia stretch therapy with hypertrophy, kickboxing and weight lifting, to ensure that you benefit from an ever-growing fitness plan. I will accompany you, guide you and advise you in achieving all your goals. Let's create the stronger version of you.

CREDENTIALS:

- ▶ NESTA Certified Personal Trainer
- ▶ AFLCA Resistance Training

EDUCATION:

- ▶ Bachelor of Exercise Science

TRAINING LOCATIONS:

- ▶ Terwillegar Community Recreation Centre
- ▶ Commonwealth Community Recreation Centre