

PERSONAL

TRAINER

With over 10 years of coaching experience, I help athletes and everyday individuals build stronger, more capable bodies through functional strength and performance-based training. My coaching focuses on developing strength, mobility, power, and movement quality to improve both athletic performance and everyday life. I have worked with athletes of various ages and skill levels, as well as individuals looking to move better, reduce pain, and build long-term confidence in their physical abilities. My approach emphasizes sustainable progress, injury resilience, and practical training that carries over beyond the gym.



KRIS

CREDENTIALS:

- NSCA Certified Personal Trainer (NSCA-CPT)

EDUCATION:

- Bachelor of Advanced Health Sciences
- Diploma in Fitness and Health Promotion

TRAINING LOCATIONS:

- Booster Juice Recreation Centre in Terwillegar
- Coronation Park