thehealthclub @ Belmont Oasis

Personal Trainer

Brendon

QUALIFICATIONS:

Fitness Australia Registration
Cert III & IV Fitness
Master Trainer
Senior First Aid
Level 1 Sports Trainer
Cert IV in Massage Therapy Practice
Water Safety instructor

SPECIALTIES:

Cardio fitness
Weight loss
Sports specific training
Posture correction techniques
Boxing
Flexibility & stretching

MOTIVATIONAL QUOTE:

“Moving mountains begins by carrying small stones”

ACHIEVEMENTS:

Queensland AFL representative 93, 94