

Personal Trainer

Bryn



QUALIFICATIONS:

Fitness Australia Registration
Cert III & IV Fitness
Senior First Aid
Massage
Swimming & Waterpolo Coach
Lower Back pain & injury prevention

SPECIALTIES:

Weight loss
Cardiovascular Fitness
Muscle building
Toning
Muscular strength/endurance
Exercise variety

MOTIVATIONAL QUOTES:

“Bite off more than you can chew and chew like crazy”
“Limits are for people who have them”

ACHIEVEMENTS:

State Waterpolo and Swimming representative
Lifetime participation in sport & exercise with a high focus on weight training (power to weight ratio) and cardiovascular fitness.