

Personal Trainer

Jarred



QUALIFICATIONS:

Fitness Australia Registration
Cert III & IV Fitness
Senior First Aid
1st year Sports Science—Notre Dame
Level 1 Football Coach

SPECIALTIES:

Bootcamps—outdoor
Circuit training
Weight loss
Increase muscle mass
Increase endurance
Interval training

MOTIVATIONAL QUOTE:

“Life is a fight. You must remain concentrated and not reveal your defects: through continual training and self control gradually you discard them”

ACHIEVEMENTS:

Duke of Edinburgh—Silver and Bronze Award
W.A. Country Football representative
Commendation award for applying CPR
Captain in Colts local and country week teams