



Personal Trainer

Jason



QUALIFICATIONS:

Fitness Australia Registration
Cert III & IV Fitness
Master Trainer
Senior First Aid
Australian Strength and conditioning
association member
Punch fit boxing instructor
Lifeguard
TRX Suspension Trainer
Bootcamp Instructor

SPECIALTIES:

Weight training
Muscular endurance
Cardiovascular training
Weight loss
Boxing

MOTIVATIONAL QUOTE:

“Pain is temporary, Quitting lasts forever”
Have a crack, what’s the worst that could happen”

ACHIEVEMENTS:

Junior NSW state cup baseball
1st grade central coast NSW baseball