



# Health Club Manager

## Personal Trainer

### Julia



#### **QUALIFICATIONS:**

Fitness Australia Registration  
Master Trainer  
Cert III & IV Fitness  
Senior First Aid  
Certified Thump Boxing & Kick instructor  
GymED—Lower back rehabilitation  
GymED—Shoulder, knee, ankle, rehabilitation  
GymED—Pelvic floor & Core rehabilitation  
Nutrition—Weight management essentials  
Nutrition— Nutrition for Fat loss  
GymED—Exercise in the Child Bearing Year  
Certified Lemond Spin Instructor  
Qualified Beat It trainer (Diabetes Australia)

#### **SPECIALTIES:**

Weight loss / gain  
Muscular strength / hypertrophy  
Toning / Body Sculpting  
Cardiovascular fitness  
Endurance training  
Speed & Agility training  
Rehabilitation  
Boxing for fitness  
Nutritional advice  
Exercise variety

#### **MOTIVATIONAL QUOTE:**

“Success is the sum of small efforts, repeated day in and day out”  
“You can’t plough a field by turning it over in your mind.”

#### **ACHIEVEMENTS:**

State & National representative in Gymnastics, Netball and Football.