

# Personal Trainer

## Nathan



### QUALIFICATIONS:

Fitness Australia Registration  
Master Trainer  
Cert III & IV Fitness  
Senior First Aid  
Boxing—Pad Work Cardio  
Qualified Beat It Trainer—Diabetes Australia

### SPECIALTIES:

Cardiovascular Fitness  
Correct Weight Tech  
Weight loss

### MOTIVATIONAL QUOTE:

“Be the best you can be”

### ACHIEVEMENTS:

Finishing 12km City to surf  
Bike leg of Blackwood marathon  
Santos bike ride—53kms