

# Personal Trainer

## Orlando Morales



### QUALIFICATIONS:

Fitness Australia Registration  
Cert III & IV Fitness  
Senior First Aid  
Bachelor of Exercise & Sports Science  
Masters in Science (Strength and  
Conditioning)  
Level 1 Strength & Conditioning Coach  
Level 1 Sports Trainer  
Level Sports Power Coach

### SPECIALTIES:

Strength and Conditioning  
Sports Performance  
Increase Fitness levels  
Speed/Agility  
Muscular endurance / Power  
Rehabilitation programs  
Body fat loss

### MOTIVATIONAL QUOTES:

“If you want to succeed and achieve your goal you will motivate yourself”  
If you wait and think, all that happens is you get older

### ACHIEVEMENTS:

2004-2006 South Fremantle Football club squad member  
Trainer—Fremantle Football Club  
Strength & Conditioning coach—Perth Demons Football Club  
W.A. State Football Academy under 16's Strength and Conditioning Coach  
Head Strength Coach—Rowing—Scotch College  
Sports Strength Coach—Aquinas College