

Personal Trainer

Peter



QUALIFICATIONS:

Fitness Australia Registration
Cert III & IV Fitness
Senior First Aid
Thump Boxing
Bosu Ball—Integrated Certification
Fitball Certification

SPECIALTIES:

Weight Loss
Muscle Gain
Strength and Conditioning
Cardiovascular fitness
Sports specific training
Running

MOTIVATIONAL QUOTE:

“Pain in temporary, Victory is forever”

ACHIEVEMENTS:

12th place in Central park tower race—2010 (56 floors)
54th in 2011 Perth marathon—3 hrs 16 mins