

Adrian

Personal Trainer



PT philosophy

To provide the knowledge, skills and support you need to help you achieve your desired health and fitness goals, so you can lead a healthier, happier and more productive lifestyle.

qualifications

- Bachelor of Applied Science (Exercise Science) *Studying*
- Certificate III + IV in Fitness
- Senior First Aid + CPR

areas of specialisation

- Weight Loss and Body Shaping
- Strength Training
- Sports Conditioning

Contact Adrian at
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