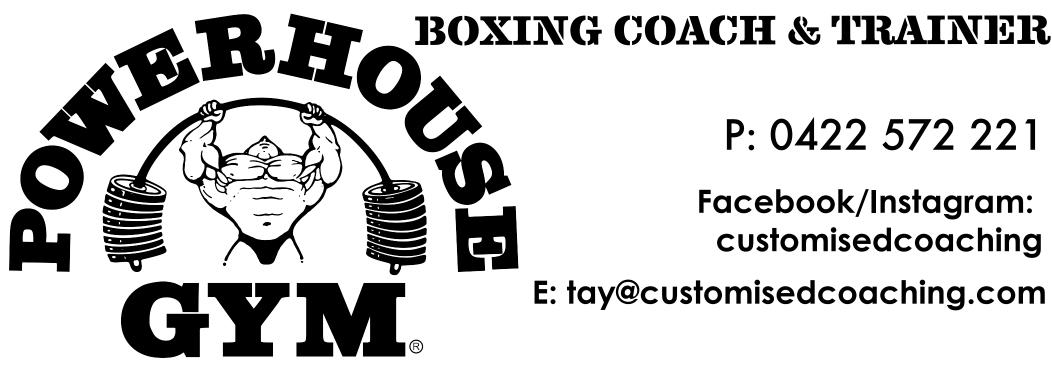
TAY OTENE



P: 0422 572 221

Facebook/Instagram: customisedcoaching

E: tay@customisedcoaching.com

QUALS & ACHIEVENIENTS:

- **Cert III & IV in Fitness**
- **Boxing Confidence for Trainers 1 & 2**
- **Amateur Boxing Coach**
- Pad Work Coach for Amateur nad Professional Boxers

SPECIALTY AREAS:

- **Strength & Conditioning**
- **Boxing Specific Training for Competition**
- **Boxing Pad Work**
- **Group Training**
- Kids Boxing 1:1 or small groups



WHAT CAN I DO FOR YOU:

Lay the blueprint towards living a healthy lifestyle.

Contact me today for a Consult or to book in a session!