

TAY OTENE

BOXING COACH & TRAINER



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QUALS & ACHIEVEMENTS:

- 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!