



ALEX
LAPITAN
0412 202 486

acefitnesscoachingau@gmail.com



@acefitnesscoaching

QUALIFICATIONS

Cert 3&4 in Personal Training
First Aid and CPR
5 Years of experience

SPECIALISING

Body Transformations
Weight loss
Muscle Gain
Body Recomposition



WHAT I CAN DO FOR YOU

My mission is simple, help you Achieve Confidence and Evolve not just on the gym floor but in your life.

Whether your goal is body transformation, fat loss, muscle building or simply feeling stronger and healthier, I'm here to make it happen. I believe everyone's motivation is unique and I take the time to understand what drives you personally and how we can unlock your full potential. Together we'll break limits, build real confidence, and make your goals feel not just achievable, but exciting.

MOTIVATIONAL QUOTE

You won't always feel ready, but showing up, staying consistent, and trusting the process is how you Achieve Confidence and Evolve. One step, One session, One win at a time

POWERHOUSE GYM POINT COOK

www.powerhousegym.com/pointcook

9329 5010

