



**BRAD
McDONALL**

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@bradmcdon

QUALIFICATIONS

Cert 3&4 in Personal Training
First Aid and CPR
Cert. Official WFF Judge

SPECIALISING

Body recomposition
Weight training
Strength training
Workout programs
Bodybuilding prep for men and women
Posing coach
Nutrition plan and advice



WHAT I CAN DO FOR YOU

I become a personal trainer/coach to help people of all abilities change their lives and support them to achieve their goals, by helping them to be the best possible version of themselves.

I offer a professional service, with full support and workout program & nutrition

MOTIVATIONAL QUOTE

"Achieve what others only dream of."

POWERHOUSE GYM POINT COOK

www.powerhousegym.com/pointcook

9329 5010

