



DANE McKINNON

0424 488 988

dmckfitness@gmail.com



@dmckfitness

QUALIFICATIONS

Cert III in Fitness
Cert IV in Fitness
Provide First Aid & CPR

SPECIALISING

Overall health and fitness
Fat loss
Hypertrophy (muscle building)
Strength training
Body transformation
Nutrition guidance



WHAT I CAN DO FOR YOU

Having spent the past 15 years dedicated to health and fitness,
I'm keen to help you set and work towards achievable, personalised goals.
I enjoy working with people of all ages, backgrounds and abilities. Whether you're new to the gym,
returning after a break or looking to improve your performance,
I'll guide and support you every step of the way.

MOTIVATIONAL QUOTE

"Motivation is what gets you started. Habit is what keeps you going." - Jim Ryun

POWERHOUSE GYM POINT COOK

www.powerhousegym.com/pointcook

9329 5010

