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QUALIFICATIONS

Certificate | V in fitness Master trainer level 1

SPECIALISING

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Building muscle Fat loss Strength and conditioning Weight lifting



WHAT I CAN DO FOR YOU

I can help you achieve your goals whether it's building muscles or losing fats and getting fit or just having a healthy lifestyle . Being a bodybuilder and in the industry for over 20 years I can work around your lifestyle to achieve your goals together .

MOTIVATIONAL QUOTE

"With consistency and hard work we can achieve our goals"

POWERHOUSE GYM POINT COOK

www.powerhousegym.com/pointcook

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