



MICHEAL CROSER

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@mcroser73

QUALIFICATIONS

Cert III in Personal Training
Cert IV in Personal Training
Certified Nutritionist Clean Health Institute
Certified First Aid & CPR

SPECIALISING

Body Recomposition
Weight Loss
Strength Training
Hypertrophy Training
Sport Injury Rehabilitation
Nutrition Plans and Advice
Workout Programs

WHAT I CAN DO FOR YOU

I became a Personal Trainer/ Coach because I am passionate about helping others achieve life long goals, and seeing those people change their lives or ever through proper training and nutrition.

I will provide a professional training Program suited to your needs, goals and ability.

Also providing full nutrition plans and support.

Everyone is unique in their abilities and goals and I am here to help them achieve the best version of themselves.



MOTIVATIONAL QUOTE

"Time waits for no man"

POWERHOUSE GYM POINT COOK

www.powerhousegym.com/pointcook

9329 5010

