



# SIMO NAJMI

## 0447 288 106

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@fit\_by\_simo

Bodybuilding Prep Coach | Elite Sports Performance Specialist

### QUALIFICATIONS

Certified Personal Trainer & Nutritionist  
10+ Years Experience in Body Transformations & Athlete Coaching  
Competition Prep Specialist  
Strength & Conditioning Coach  
Expert in Fat Loss, Muscle Gain, and Sports Nutrition  
Diploma in Military and Self Defence

### SPECIALISING

Bodybuilding Competition Prep (Men & Women)  
Performance Coaching for AFL & Soccer Athletes  
Weight Loss & Conditioning Programs  
Muscle Gain & Strength Plans  
Custom Meal Plans for All Goals & Levels  
Periodized Training for Peak Performance  
Stage-Ready Physiques & Peak Week Coaching  
Sport-Specific Conditioning & Power Development  
Injury Rehab & Recovery Training to Return to Peak Performance



### WHAT I CAN DO FOR YOU

I don't just coach-I build champions. Whether you're preparing for a bodybuilding show or leveling up your performance on the field, I design personalized training and nutrition plans that deliver serious results. From elite AFL and soccer athletes to everyday lifters, I help clients lose fat, build muscle, and unlock their full potential.

My programs are structured, strategic, and tailored to your goal-so you stay motivated, make consistent progress, and enjoy the journey as much as the results.

### MOTIVATIONAL QUOTE

"Discipline builds champions. Train with purpose. Eat with intent. Win with consistency."

POWERHOUSE GYM POINT COOK

[www.powerhousegym.com/pointcook](http://www.powerhousegym.com/pointcook)

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