

# Adam

Personal Trainer



## PT philosophy

With the right guidance we can achieve a healthy body and mind together. I will give you the knowledge you need in your training and nutrition to help push past your limitations.

## qualifications

- Bachelor of Applied Science (Exercise and Sport Science) *Studying*
- Certificate III + IV in Fitness
- Senior First Aid + CPR

## areas of specialisation

- Weight Loss and Toning
- Muscle Gain
- Small Group Training
- Body Transformation

Contact Adam at  
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