

Oliver

Personal Trainer



PT philosophy

Using the latest in functional training, the science of nutrition and positive psychology, I have the tools to help build you that road that will lead to your destiny...

qualifications

- Certificate III + IV in Fitness
- Diploma of Sport (Athlete Development)
- Titleist Performance Institute Accredited
- Level 1 + 2 Golf Fitness Coach
- Senior First Aid + CPR

areas of specialisation

- Sport Conditioning (Golf)
- Functional Training
- Fat Loss and Weight Management

Contact Oliver at
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