

# Brad

I believe that everyone should be able to access their body's full potential, whether that is being able to push the heaviest weight possible, moving explosively, or just living day-to-day pain free. As a past national level swimmer, I understand how the body can be altered to significantly benefit an individual's performance, and I want to help my clients push their boundaries beyond what they believe they are capable of.

Utilising a range of training techniques including mobility & stability work, resistance training and specific cardiovascular/respiratory training, I will use my knowledge and experience to develop a training program that will help you achieve your desired outcome.

We will use a whole-body approach, honing in on your strengths, weaknesses, restrictions and imbalances. Working in movements and positions that you find challenging, we will increase your mobility, improve your joint stability and unlock your body's full range of motion, so that we can more thoroughly work towards your goals.

## Specialisations:

- Sports specific strength training
- Event specific training (Police Force, Air Force/Navy/Army, Entry Testing)
- Hypertrophy



## Available for sessions at:

Eltham Leisure Centre  
Diamond Valley Sports and Fitness Centre