

Dylan

I have a strong passion for helping people feel better and more confident in not only their body composition but also their outlook on training, diet and progression, whilst also making sure they enjoy those aspects of their fitness journey.

I use various training methodologies and techniques to find what works best for my clients, whilst also helping them get a better understanding of their own individual biomechanics to find what exercises and techniques will yield them the most progression, ultimately leading to better and more optimal results.

We will have a large focus on finding the most optimal training methodology for you. By tailoring exercise selection and tracking recovery capabilities we will ensure you are always in a state of progression which will lead to greater performance and results.

Specialisations:

- Body Recomposition
- Hypertrophy (Muscle growth)
- Fat loss



Available for sessions at:

Diamond Creek Community Centre
Eltham Leisure Centre
Diamond Valley Sports and Fitness Centre

LEISURE
FACILITIES

