

Jordan

Personal and team focused improvement has been a passion of mine right throughout my career as a professional volleyball player. After 8 years with the Australian National Team and playing professionally in and around Europe I've been exposed to a number of different training methods and top strength and conditioning coaches to help myself and my teammates reach our full physical potential. But I believe this shouldn't only be exclusive to athletes!

With my experience as an athlete and constant ongoing learning I'm excited to apply my knowledge to anyone, no matter their age or ability, who wishes to improve in whatever area it may be. I support my clients on a road being fit, healthy and pain free for life whilst having fun and enjoying the process along the way.

After personally dealing with a wide range of injuries big and small my training methods start by addressing any injuries, imbalances or weaknesses and building up from there. I believe the more pain free and functional you're moving now, the better off you'll be later on down the track.

Specialisations:

- Strength training
- Weight loss
- Sports related training / pre post injury



Available for sessions at:

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