

Tom

I enjoy helping people achieving their goals in the gym. It doesn't matter what they want to achieve, everyone comes in with a goal in mind and that's what I love about it.

With corrective techniques and functional exercises, I train my clients so they can meet their certain needs and adapt them down the track to suit their wellbeing.

The goal in mind is to achieve your results that you came in to do. By keeping an open mind that we need to focus on key areas such as mobility and conducting the exercises without any pain to achieve a healthier and happier life.

Specialisations

- Well rounded healthy body
- Weight loss
- General strength



Available for sessions at:

Eltham Leisure Centre
Diamond Valley Sports and Fitness Centre