

# PERSONAL TRAINER

As a coach, I offer personalized training programs that follow a logical, framed, structured, and effective progression. By aiming at improving physical fitness, nutrition and sport performance, these programs respect the specific abilities and needs of each individual.

In addition, I combine my knowledge of fascia stretch therapy with hypertrophy, kickboxing and weight lifting, to ensure that you benefit from an ever-growing fitness plan.

I will accompany you, guide you and advise you in achieving all your goals. Let's create the stronger version of you.



## Brian

**CREDENTIALS:**

NESTA Certified Personal Trainer  
AFLCA Resistance Training

**EDUCATION:**

Bachelor of Exercise Science

**TRAINING LOCATIONS:**

Dr. Anne Anderson  
Terwillegar