

Be motivated by experts to get real life changes

**THE 1ST CLASS
PERSONAL TRAINING SERVICE
& BOUTIQUE GYM**

**BECOME ONE OF OUR
AMAZING testimonies**



Linda

Since starting Linda has dropped over 40kg of fat wtl! over 20cm and more than 8 dress sizes. Linda is now moving more dynamically and with loads more confidence. This success is motivating her more and now inspiring others including the EP trainers.



**Alan
& Shirley**

Alan and Shirley's consistency with training in every 'EP Class' has demonstrated perfect adherence to an exercise routine. Since beginning training they have supported each other, progressing through basic exercises to now push themselves out of their comfort zone. They give true meaning to **'The couple that trains together stays together'**.



Jenny

Jenny had never participated in a gym program and has now progressed her gym program until now and has slowly built up to improve confidence in her ability and is now able to perform advanced exercises. This confidence has transferred into all aspects of her life. Jenny has now dropped up to 10kg fat weight and decreased dress sizes.



Ed

Ed, upon retiring made a conscious decision to improve his lifestyle. We have seen significant improvements reducing blood pressure, sugars & heart risks. Improving health, strength & quality of life. Ed brings an incredible sense of humour with his daily jokes for the gym atmosphere.



Graham

Graham is testimony to what week in week out, year in year out means. Graham has worked through a shoulder injury while significantly improving his fitness. This shows what the benefits of adherence to a well-structured exercise program are with managing and improving over all health while avoiding any conditions.



Eugene

Eugene's goals was to manage and improve his health by increasing lean muscle and strength. He has gained over 5kg lean muscle on the scales and improved his body shape and as a result increased chest/shoulders & biceps by over 2cm. This increase in muscle mass/ hyper-trophy has improved bone mineral density and confidence.



Margaret

Margaret initiating exercise from scratch with apprehension and significant limitations. Not able to complete more than 2 mins on the cardio bike due to heart risks and high risk health complications, we were not able to manoeuvre to ground or perform required daily duties. Margaret has now lost over 10kg, reduced her waist/hips by over 10cm and can comfortably complete over 30mins moderate cardiovascular work. Margaret is walking around a different person with a new lease on life.



Cameron

Cameron has increased lean muscle mass by over 7kg weight gain and changed his body shape significantly by increasing his shoulder's by 14cm, chest 12cm & biceps 3cm. Cameron has improved his upper body strength by over 100% bench pressing from 30kg to over 60kg. These changes have transferred into Cameron's overall presence and the way he holds himself professionally and personally.



Lee-ann

Lee-Ann has improved her core back and knee strength. Now dropping up to 10kg fat weight and decreased 11cm off her waist & hips which is now seeing her program progress to body shaping. Advanced dynamic exercises are now included that push her boundaries while managing her knees and back. Inspiring others!



Emma

Emma has worked through illness and a hip injury. Since beginning training with us she has dropped 14kg, an amazing 22cm off her waist which has transferred to reducing more than 3 dress sizes! Emma has now increased energy significantly and is running again pain free.



Stephan

Rapid weight loss 13kg in 8 weeks! Stephan had never participated in a gym program. Testimony to how your body can respond to a well structured exercise program reducing waist/hips by 4cm. Stephan's body has also responded amazingly with lean muscle tissue development, increased fitness, core control and balance. This has given a new lease on life with increased confidence now paddle-boarding.



Jane

Jane has achieved some great targets with health management, decreasing fat and improving bone strength and muscle alignment. Consistent for 5 years training up to 6days weekly and is now able to perform advanced dynamic exercises. Jane provides amazing client member support with great social interaction. Up-holding our good-will & reputation.

UNLIMITED GYM MEMBERSHIPS FROM \$7.00

Conditions Apply



IMPROVE HEALTH



IMPROVE INJURIES



exercise
physiology

FOR LIFE

Overcome life's hurdles
START LIVING TODAY

Become
one of our
AMAZING
testimonies

"Brett Butterworth is a world leader in health & fitness training. He can motivate you to do great things with your mind and body."

Grantlee Keiza

Sports columnist The Daily Telegraph and Sunday Telegraph

Inspire others, we want to hear your story...



Linda - Over 40kg fat loss!

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