

Be motivated by experts to get real life changes

THE 1ST CLASS PERSONAL TRAINING SERVICE & BOUTIQUE GYM

BECOME ONE OF OUR AMAZING testimonies



Paul

Recovering from surgery resulting in significant weight loss, Paul has put on 13kg. Paul has initiated a strength training program adding 6kg of lean muscle mass since starting with EP. He has sculpted his physique, decreasing his waist measurement while increasing his chest & bicep measures by over 2cm. Paul is now bench pressing around 100 pounds.



Helen

At 85yrs young! Helen has lost over 10kgs & dropped 25cm off her waist. With this fat loss she decreased blood pressure significantly & improved heart health. Most importantly Helen's functional daily duties have improved with increased flexibility around her lower back by over 10cm and her knees are bending with more ease. Keep up the great work!



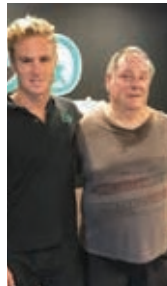
David

Congratulations to David one of our great veteran affairs clients. Goals of David's program have been to manage & improve injuries sustained while putting his body on the line for us. The great news is David has now been upgraded to a high intensity interval training program and advanced weight training.



Robert

An avid golfer, looking to improve his core and back strength, whilst improving overall fitness and well-being. Robert has developed an exercise routine attending EP 2-3 times weekly while participating in high level golf on other days. He has improved his flexibility by 10cm around his lumbar range of motion, increased his core & back strength by 100%.



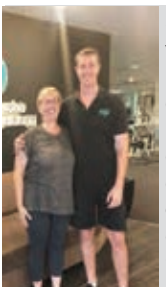
Greg

One of our founding members from over 18years ago, Greg has developed and is adhering to an amazing exercise routine 6 days a week. At 68yrs young Greg is starting his daily routine with at 'EP' gym with a combination of resistance and cardiovascular work. His has progressed to do more anaerobic interval training with his cardio. This high intensity work has seen improvements in blood pressure, cholesterol and sugar levels.



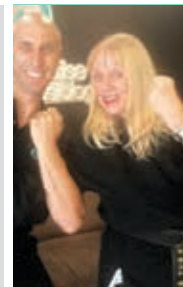
Graeme

Starting training with Brett Butterworth from the 2000 Sydney Olympic Games Graeme has adhered to a well structured exercise routine for over 18years with Brett. At 70yrs, he maintains a healthy weight, holds an incredible fitness and strength base while keeping his agility up with weekly boxing, martial arts sessions at his home with Brett.



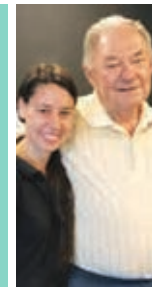
Meryl

Starting from nil exercise & living with constant pain, Meryl is now motivated and adhering to a daily exercise routine, moving significantly better with next to no pain during daily duties & reports increased energy. Dropping over 10kg, 20cm off her waist, doubling strength and amazingly doubling her Vo2 heart fitness. Meryl is testimony to results seen with modifying lifestyle & being motivated in a good exercise routine.



Trish

5th degree black-belt – now considered a 'Master' Trish became Client of the month with her amazing achievement after 30 yrs of martial arts training in the discipline of 'Hapkido'. She is now in the top handful of female martial arts exponents in the world. At 66yrs old, Trish has undergone 2 hip replacements and showed the mental resilience and discipline to push herself through rehabilitation.



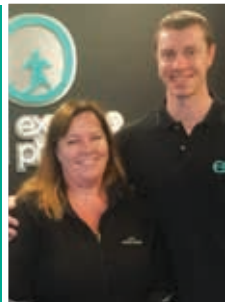
Alan

At 93yrs, Alan is inspiring 'EP' with his strength & commitment to training with us over 10yrs. Representing our country & now serving us under the Veteran's affairs program incredibly Alan has stayed healthy enough to find out that he is a father at the age of 90. His strength & mental resilience now allows him to travel to Darwin where he catches up on time and getting acquainted with his family.



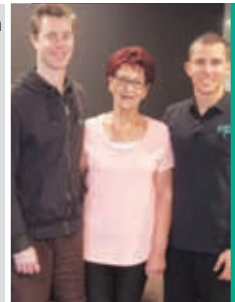
George

After 12 yrs of consistent training with EP, George has asserted himself as not only one of the fittest and strongest Veterans affairs clients but one of the loudest in the gym. George has shown that a consistent routine is testimony to improving health, strength, energy and vitality to continue to take on the world with a good sense of humour.



Christine

Just returning from Hamilton Island Race week, continuing to develop a strong competitive sailing capacity with improving core strength, balance and agility. Christine, has also lost 29cm off her waist, 13cm off her hips and over 6kg. She has now started running with her increased fitness and intensity... Keep pushing the boundaries!



Pauline

Since retiring Pauline has adhered to a well structure exercise routine that has seen her achieve some amazing results. She has now lost over 12kg! and over 10cm off her waist and hips, improving her body shape to keep her stylish dress sense. She is inspiring others in the gym with her friendly, infectious attitude towards training and an active lifestyle.



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physiology

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Grantlee Keiza

Sports columnist The Daily Telegraph and Sunday Telegraph

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