

Living Longer, Living Stronger



BECOME ONE OF OUR AMAZING testimonies



Rebecca

Wow over 35kg!

Fat-loss dropped in 6months!
Reducing over 24cm around waist & 31cm off hips & importantly increasing fitness. Rebecca worked with star trainer Brett Butterworth increasing energy, agility to become more dynamic in life...



Ellie

What a transformation!

Dropping 17kg, over 27cm off her waist, decreasing sizes and is now walking around a different woman. **Wow!**



Daryll

Cancer chemotherapy treatment,

increased strength & energy levels maintaining a strong focus. Increased his upper-body muscle, put on 5kg, Full-body strength while maintaining his aerobic fitness levels.

Daryll is an inspiration to many others.



Jesse

Develop that beach body.

Since beginning training has increased lean muscle mass by 20 kg, bicep flex by 20cm and chest girth by 56cm. Increasing upper and lower body strength while significantly changing his body shape.



Brendon

Improved blood sugar levels!

Dropped an amazing 20kg of fat weight in less than 6months!
This has seen a significantly increase in his cardiovascular heart fitness & flexibility.



Kirsty

Jessica Alba's training program.

Kirsty progressed to be able to perform the most advanced dynamic exercises in the gym. Emulating Hollywood, A-lister Jessica.



Sandi

Post knee operation,

Proving it's always a good time to get started!
Rapid loss over 10kg in 4 months, reduced 5cm off her waist/hip ratio increasing knee strength and stability significantly. Great excuse to get a new-wardrobe..

Great family team work...

Providing great family support, motivating each other to get fit & healthy!



Dad Rohan & Daughter Ruby



IMPROVE HEALTH



IMPROVE INJURIES



Aust leading sport scientist Brett Butterworth meets with prime minister Scott Morrison.



exercise
physiology

FOR LIFE

Overcome life's hurdles
START LIVING TODAY

"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

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Linda - Over 40kg fat loss!

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