

Be motivated by experts to get real life changes

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

**BECOME ONE OF OUR
AMAZING testimonies**



Chris

July - Client of the month

Bringing a big smile & personality, Chris dropped over 10cm from his waist + 5kg on the scales while improving lower body knee strength, bone mineral density + flexibility to now be pain free.



Ben

August - Client of the month

WOW over 35kg fat loss!! EP's big friendly giant Ben has reduced waist/ hips by 22cm & increased heart fitness by 50% to now have changed his body shape + internal blood physiology!



Glen

September - Client of the month

Representing the NDIS community, Glen has improved all positive social + functional activities to be able to participate in and win his netball grandfinal!



Kevin

October - Client of the month

A loyal Veterans Affairs member maintaining a long term routine to improve cardiovascular VO2 heart health into excellent category! Kevin can now outperform trainers in unassisted pull ups and chin ups!



Jenny

November - Client of the month

Following 4 knee reconstructions + neural decline, Jenny has now exceeded goals to improve muscle strength, joint control, balance + coordination while significantly improving walking + daily abilities.



Elizabeth

December - Client of the month

Since beginning her training routine, Elizabeth has now lost over 25kg fat loss and 20cm from her waist, while improving heart health by 35%, blood physiology + full joint flexibility and range of motion.



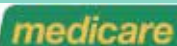
Linda

**Lost
over
40kg!**



Al

**Improve
Health**



Michael

**Disability
Services**





ex-phys

exercise
physiology

IMPROVE HEALTH

IMPROVE INJURIES

BECOME ONE OF OUR AMAZING testimonies



Nick

January - Client of the month

Australian Elite Army Veteran who spent multiple years defending Australia, promoting positive good will + mental health while supporting others in need!



Sarlie

February - Client of the month

Inspiring others, proving impairment is not a disadvantage & overcoming personal disabilities to improve body shape, decreasing over 8cm from her waist + 3kg! An amazing ambassador for NDIS!



Liz

March - Client of the month

A total transformation dropping over 25kg!! Liz has reduced 20cm off her waist/ hip measures, decreasing 3-4 dress sizes while doubling cardiovascular heart health. WOW!



Nathan

April - Client of the month

Representing Australian Veterans Affairs, Nathan has increased all muscle group strength + range of motion by 25% while decreasing kgs + cms & improving cardiovascular health.



Lautaro

May - Client of the month

Down 6kg in 6 weeks!, 10-12cm off waist/ hips, while significantly improving body shape + health in his rapid transformation.



Judy

June - Client of the month

Amazing improvements in lumbar back, hip strength + support while undergoing ankle joint rehabilitation. Judy has achieved all rehab goals, improving her back strength + support by 100%, while decreasing fat weight.



Rebecca

Lost over 45kg!



Javier

Injury Rehabilitation



Alan

96 years young!



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