



Oliver

Personal Trainer

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Areas of expertise

- Increasing muscular hypertrophy (muscle size)
- Improvement of overall health and fitness
- Maximising athletic performance

Qualifications

- Bachelor Exercise and Sports Science

Bio

Oliver (Ollie) has always been a very active person, playing many sports throughout childhood, both locally and at state level. He has travelled around Australia competing in National Basketball Competitions, representing RMIT University for the NBL 3x3 Basketball Tournament in 2018 and 2019, where he competed in the gold medal match. Oliver was also selected to play State Championship Men's Basketball for the Hume City Broncos in 2020.

Oliver likes helping people improve all aspects of their health through exercise. He also enjoys educating clients about the importance of incorporating exercise into their daily or weekly routines, and how doing so will improve their overall quality of life.