



# Sebastian

Personal Trainer

## Areas of expertise

General health and fitness

Traditional strength training  
and functional training

Weight training

Muscle gain

## About me

Sebastian has been into fitness for over 14 years. Throughout he's school years competing at a state level for most athletic events from the years 2007-2012. During that time he developed a deep passion for long distance running and cardiovascular fitness placing in the top three for many state wide events.

Now with 12 years experience in the gym Sebastian's focus is on building the strength and fitness of his clients with the same passion. Sebastian's philosophy is to achieve all fitness goals and aspirations with two things in mind enjoying the process and longevity.

## Qualifications

- Cert 3 and 4 in fitness
- Diploma of nutrition (in progress)

