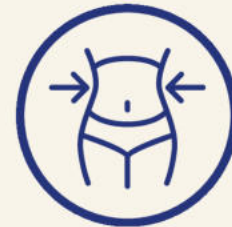




SARAH BRODRICK

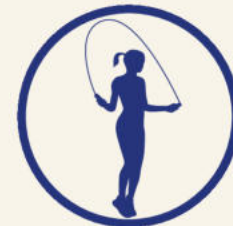
SPECIALITIES



Fat Loss



Strength Training



High Intensity Interval Training



Muscle Gain (Hypertrophy)

QUALIFICATIONS

☆ Certificate III in Group Fitness

☆ Certificate IV in Personal Training

ABOUT ME

Some say I do nothing by halves... I am currently studying science (majoring in exercise physiology) alongside primary education. I've always been a natural for nurturing and guiding others.

My love for fitness came early, I had a strong mum who frequented the gym and she inspired me to start training. It's been a passion ever since due to the strength, confidence and sense of accomplishment that comes with every workout done. There is never a bad workout!

For me, fitness is more than just exercise, it is a lifestyle. I love the fact that exercise contributes to overall health and wellbeing.

I am committed to helping others build strength, gain confidence in the gym, and create lasting healthy habits that extend way beyond the workout in the gym. I'm committed to stepping you through your journey to a healthier, fitter version of you!