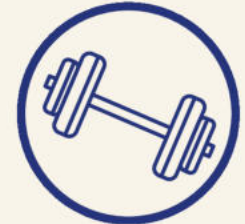


MANUEL VACA

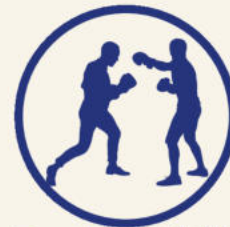
SPECIALITIES



General
Fitness



Resistance
Training



Boxing Skills
& Fitness



Weight/Fat Loss



Functional
Training

QUALIFICATIONS

- ☆ Certificate III in Group Fitness
- ☆ Weight Loss Specialist

- ☆ Certificate IV in Personal Training
- ☆ Technogym Skill Performance Coach
- ☆ Certified Nutrition Coach

ABOUT ME

I have been in the fitness industry for 15 years, and have inspired thousands of people to live a more active, healthier and happier life.

I am dedicated to supporting your health and fitness goals in a safe and encouraging environment.

I create personalized programs and strategies tailored to your needs, providing the guidance and motivation you require.

I will keep you accountable and coach you every step of the way on your road to transformation and success.