

# JESSICA ALLEN

## SPECIALITIES



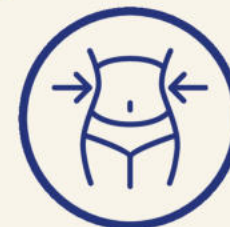
Hypertrophy Training



Strength Training



Sports-Specific Training



Weight Loss



Body Recomposition



## QUALIFICATIONS

☆ Certificate III in Group Fitness

☆ Certificate IV in Personal Training

## ABOUT ME

Fitness and movement have always been a core part of my life, helping me understand the true power of both mind and body.

Growing up full of energy, sport and the gym became my outlet-giving me structure, focus, and clarity.

I explored everything from rowing and basketball to running and AFL. Over the years, I've coached in a range of settings-group classes, one-on-one sessions, sport-specific training, and high-intensity programs.

But it was strength training, during a tough period in my teens, that had the biggest impact. It reshaped not just my body, but my mindset. I began to value what my body could do, not just how it looked-and that changed everything.

Now, I help others experience that same shift. My goal is to empower you to feel strong, confident, and capable. Every session is built around your goals, your lifestyle, and your unique strengths-so you can thrive, inside and out.