

# MARCUS TENENBAUM



## SPECIALITIES



General Fitness



Technique



Strength &  
Conditioning



Bodyweight  
Strength

## QUALIFICATIONS

☆ Certificate III in Fitness

☆ Certificate IV in Personal Training

☆ ASCA Level 1 S&C

## ABOUT ME

I'm Marcus, like many trainers I'm passionate about helping people build confidence, get stronger, and become the best versions of themselves.

I love to apply functional training styles which relate to every day life, specifically strengthening through body weight.

I grew up playing basketball and football, which sparked my love for training and later evolved into gym-based training and long-distance running.

No matter your age or fitness level, feel free to come say hi - I'm always here to help.