

# ALEX STIRLING



## SPECIALITIES



Sport Specific  
Based Training



Strength &  
Conditioning



Beginner Muscle  
Growth & Technique



Injury  
Rehabilitation

## QUALIFICATIONS

☆ Certificate III in Fitness

☆ Certificate IV in Personal Training

☆ Diploma of Fitness and Exercise

## ABOUT ME

I have been a Fitness Coach for over 6 years now and have been lucky enough to work with a wide range of clients, helping them with weight loss, strength and conditioning, injury rehabilitation, and building confidence when starting their gym journey.

Coming from a strong sporting background, I've always been passionate about health and fitness and the positive impact it has on everyday life and mental health.

Outside the gym, I'm a massive St Kilda supporter and love my sport - NFL, NBA, cricket, and you'll usually find me playing golf whenever I get a spare moment. I also like to think I'm pretty handy in the kitchen, and I've recently become a proud dog dad to a beautiful Border Collie puppy named Sadie.

If you see me around the gym and have any goals, questions, or just feel like a chat about fitness or sport, don't hesitate to come say g'day!