

NICK CARLING

SPECIALITIES



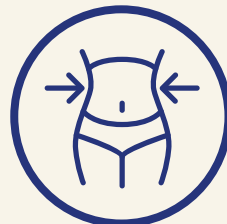
Strength and
Conditioning



Sports
Performance



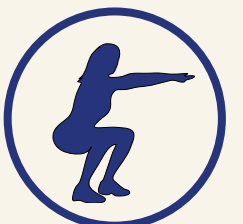
Running &
Endurance



Weight Loss/Body
Composition



Injury Prevention &
Return to Training



Movement
& Mobility

QUALIFICATIONS

- ☆ Level 3 Performance Running Coach
- ☆ Level 3 Performance Triathlon Coach

- ☆ Cert III & IV in Fitness - Personal Trainer
- ☆ Advanced Thump Boxing Instructor

ABOUT ME

With more than 17 years of coaching experience, I'm passionate about helping people of all ages and fitness levels become stronger, healthier and more confident. Whether you're looking to lose weight, build strength, improve performance, return from injury or train for your first 5km or marathon, I'll help you reach your goals with a personalised approach.

As a former professional triathlete, I combine evidence-based training with practical experience to deliver programs that improve strength, movement, fitness and long-term health.

My focus is on helping you train safely, stay motivated and enjoy the journey.

I believe exercise should enhance your everyday life - not just your fitness. If you see me around the Danny Frawley Health & Wellbeing Centre, come and say hello. I'd love to help you move better, feel stronger and achieve your next fitness goal