

*Deviant 24:7 Gym*

AIRPORT WEST

## PERSONAL TRAINER

# NATHAN KONSTANTINIDIS

### ABOUT

With years of experience as a competitor in multiple forms of martial arts, I understand there are no limits to what you can accomplish in life if you want something bad enough.

The ability to focus during challenging and unmotivated times can be very difficult, but with my help and guidance I will teach you the ability to block the external, raise your standards, and focus on your goals and true potential in a motivating and disciplined way.

### SPECIALTIES

- ▶ Boxing (technique and fitness)
- ▶ Kick-boxing (technique and fitness)
- ▶ Sports Performance Training
- ▶ Muscle gain
- ▶ Weight loss
- ▶ Plyometrics
- ▶ HIIT
- ▶ Motivation and mindset coaching
- ▶ Nutritional advice



**"IF YOU THINK A THING IS IMPOSSIBLE, YOU'LL ONLY MAKE IT IMPOSSIBLE." – BRUCE LEE**

### QUALIFICATIONS & ACHIEVEMENTS

- ▶ Certificate III & IV in Fitness
- ▶ First Aid & CPR
- ▶ Bachelor of Arts (Journalism)
- ▶ Diploma of Screen & Media (Broadcast Journalism)

**CONTACT DETAILS**

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