

peakphysiqfitness@gmail.com

*Deviant 24:7 Gym*

# CHRIS

## ALLEN

ANGLE VALE



**PERSONAL TRAINER**

**Certificate III & IV Fitness | First Aid & CPR  
| Registered AusREP Trainer**

### SPECIALTIES

- ▶ Strength Training
- ▶ Hypertrophy Training
- ▶ Muscle Gain/Fat loss
- ▶ Physique Transformations
- ▶ Exercise Prescription
- ▶ Nutrition Prescription
- ▶ Competition Preparation
- ▶ Online Coaching

ANGLE VALE



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