

melbornepersonaltrainer@gmail.com

*Deviant 24:7 Gym*

# BEN HYTONGUE

CAROLINE SPRINGS



## PERSONAL TRAINER

**Mr AU Bodybuilding Champ | Mr VIC (Weight Class) |  
Master of Applied Science (Exercise Rehabilitation) |  
Bachelor Exercise Science & Human movement | Exercise  
Physiologist/Scientist | Boxing Victoria Association Coach**

## SPECIALTIES

CAROLINE SPRINGS

- ▶ Boxing Science
- ▶ Competition Preparation (Bodybuilding/Sports)
- ▶ Body Recomposition Specialist (Fat Loss)
- ▶ Major in Nutrition and Fat Loss



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@hyprepp