

dinahmite_fitness@hotmail.com

Derrivant 24:7 Gym

DINAH

ESERA

CAROLINE SPRINGS



PERSONAL TRAINER

**Cert III & IV in Fitness | LV 2 First Aid & CPR | Qualified
Comp Prep Coach | Qualified Fat Cavitation & Skin
Tightening Specialist | Founder of Dinahmite Fitness**

SPECIALTIES

CAROLINE SPRINGS

- ▶ Fat Loss
- ▶ Beginner to Advanced weight training
- ▶ Nutrition advice
- ▶ Body recomp
- ▶ Comp prep – all bodybuilding categories
- ▶ Pre/Post Natal training advice
- ▶ Online coaching
- ▶ Fat cavitation & RF skin tightening specialist
(owner of MANEA SKIN - West Melbourne)



0428 818 011



@dinah_esera

