

Deviant 24:7 Gym

JACOB

SPITERI

CAROLINE SPRINGS



PERSONAL TRAINER

**Cert III & IV in Fitness | Exercise Guidelines for Children
| Principles of Athlete Strength & Conditioning |
Nutrition & Weight Management**

SPECIALTIES

- ▶ Muscular Development
- ▶ Weight Loss
- ▶ Strength Training
- ▶ Body Transformation
- ▶ Nutrition, Health & Wellbeing
- ▶ Competition Preparation

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