

admin@grindnshine.info

Deviant 24:7 Gym

JORDAN NIDZEBELIS

COOLAROO



PERSONAL TRAINER


Cert. III & IV Fitness | First Aid & CPR | ANB Men's Physique Champion 2017 & 2018 | 6-year industry experience | Managing 40-50 clients annually | 6 clients got into the top 5 for bodybuilding shows

SPECIALTIES

- ▶ Strength & Conditioning
- ▶ Hypertrophy
- ▶ Body Recomposition
- ▶ Online Coaching
- ▶ Bodybuilding Comp Prep
- ▶ Nutritional Coaching
- ▶ Fat Loss
- ▶ Cardiovascular fitness
- ▶ Mindset
- ▶ Coaching all ages, sexes, & fitness level
- ▶ Male transformation specialist

COOLAROO



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