

kiyahmaddison@icloud.com

*Deviant 24:7 Gym*

# KIYAH

## RUMSBY

GEPPS CROSS

### PERSONAL TRAINER

**Cert III & IV in Fitness | Former Captain - Norwood Development Squad for Football | Cheerleading & Gymnastics Coach | First Aid and CPR | Hyrox and Half Marathon Competitor | Au Representative - Worlds for Cheerleading**

### SPECIALTIES

- ▶ Strength and Conditioning Training
- ▶ Body Composition Coach
- ▶ HITT Workouts
- ▶ Hypertrophy & Endurance Training
- ▶ Nutritional Guidance & Health Coach
- ▶ Building healthy relationship with Food and Fitness

GEPPS CROSS



0455 311 109



@kiyah\_rumsby

