

kascade@yahoo.com

*Deviant 24:7 Gym*

# KASCADE

## PORTER

GEPPS CROSS



### PERSONAL TRAINER

**Certificate III & IV Personal Training | AIFF Master Trainer Certificate | Adelaide Comets Soccer | Have been a PT for 8 years | Have put on 50kgs since I began**

### SPECIALTIES

- ▶ Weight training
- ▶ Weight gain or loss
- ▶ Programming
- ▶ HIIT
- ▶ Stretching & recovery
- ▶ Glutes gaining specialist

GEPPS CROSS



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