

Sophiecharnstrom@gmail.com

Deviant 24:7 Gym

SOPHIE CHARNSTROM

MELROSE PARK



MASTER TRAINER

**Certificates III & IV Personal Trainer | Diploma in Nutrition
| Certificate IV in Mental Health | Performance & Nutrition
Coach, Boxing Coach | Fundamentals of Barbel & TRX |
AU Athlete Representative**

SPECIALTIES

- ▶ Wholistic Wellbeing
- ▶ Mental Health
- ▶ Nutrition
- ▶ Women's Strength
- ▶ Weight Loss and Gain

MELROSE PARK



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