

gerardlewisfitness@outlook.com

Derriman 24:7 Gym

GERARD

LEWIS

NOARLUNGA



PERSONAL TRAINER

**ISSN Sports Nutritionist | Cert of Sports & Exercise Nutrition |
Cert IV Master Trainer | ASCA LV1 Strength & Conditioning
Coach | Functional Training & Rehab Trainer | Post & Pre Natal
Care Cert | ICN Bodybuilding, Fitness & Bikini Award Winning
Trainer | 3 Time Mr Junior SA Bodybuilding Champion**

SPECIALTIES

- ▶ Body recomposition (lose fat & gain muscle)
- ▶ Bodybuilding & bikini competition preparation
- ▶ Nutrition for performance & body composition

NOARLUNGA



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