

johnnycooke88@gmail.com

Derrimut 24:7 Gym

JOHNOTHAN COOKE

NOARLUNGA



PERSONAL TRAINER

Cert 3 Group Fitness | Cert 4 Personal Training | Master Trainer | CPR & First Aid | Thump Boxing Lv 1 & Advanced | Fit Ball Trainer | Suspension Trainer | Bootcamp Level 1 & 2 | MedBall Trainer | Training Older Adults Level 1 & 2 | Mi40 Hypertrophy Execution Mastery

SPECIALTIES

- ▶ Hypertrophy
- ▶ Body Sculpting
- ▶ Exercise Execution
- ▶ Rehabilitation
- ▶ Older Adults

NOARLUNGA

0468 955 065



N/A

