

russbodymindspirit@gmail.com

*Derriment 24:7 Gyen*

**RUSSELL**

**THOMAS**

NOARLUNGA



**PERSONAL TRAINER**

**Certificates III & IV in Fitness | First Aid |  
Working with Children | IFBB Amateur Body  
Building Competitor**

## **SPECIALTIES**

- ▶ Motivation / Positivity
- ▶ Technique
- ▶ Catering for all levels
- ▶ Body Composition
- ▶ Strength
- ▶ Hypertrophy

NOARLUNGA



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