

alexfitness2021@gmail.com

Dedicated 24:7 Gym

ALEX

FU

NORWOOD



PERSONAL TRAINER

**Cert. III & IV Fitness | ICN Fitness Pro | 3 x ICN SA
Mens Fitness Overall 1ST | ICN SA Mens Fitness
Champion Trainer | ICN National Mens Fitness
Novice 1st**

SPECIALTIES

- ▶ Hypertrophy training
- ▶ Weight Loss
- ▶ Posing coach
- ▶ Comp prep

NORWOOD



0451 320 728



@alex_icn_pro

