

chaseordner@gmail.com

Deviant 24:7 Gym

CHASE

ORDNER

NORWOOD



PERSONAL TRAINER

Years of Training | Cert. III & IV Fitness | Powerlifting Fundamentals | Powerlifting Competitor | Disability Sector For Several Years Work Experience

SPECIALTIES

- ▶ Strength and Conditioning
- ▶ Weight Gain and Loss
- ▶ Nutrition Guidance
- ▶ Muscle Growth
- ▶ Assistance With Rehabilitation Work
- ▶ Disability Training / Mentoring (NDIS Participants)

NORWOOD



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