

tumerosecarlilept@gmail.com

Deviant 24:7 Gym

TUMEROSE

CARLILE

PAKENHAM



PERSONAL TRAINER

**Certificate III & IV in Fitness |
First Aid & CPR**

SPECIALTIES

- ▶ Strength & conditioning
- ▶ Hypertrophy training
- ▶ Fat loss
- ▶ Gym confidence
- ▶ Glute Building
- ▶ Nutritional guidance

PAKENHAM



0432 502 326



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