

kj.fit.derrimut@gmail.com

Derrimut 24:7 Gym

KJ
FECHNER
PORT ADELAIDE



PERSONAL TRAINER

Certificates III & IV in fitness | First Aid & CPR | Boxing Level 1 and Advanced

SPECIALTIES

- ▶ Strength and Conditioning
- ▶ Sports and Athletic Development
- ▶ Core Strengthening and Stability
- ▶ Hypertrophy
- ▶ Beginners

PORT ADELAIDE



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