

kiyahmaddison@icloud.com

Deviant 24:7 Gym

KIYAH

RUMSBY

PORT ADELAIDE

PERSONAL TRAINER

Cert III & IV in Fitness | Former Captain - Norwood Development Squad for Football | Cheerleading & Gymnastics Coach | First Aid and CPR | Hyrox and Half Marathon Competitor | Au Representative - Worlds for Cheerleading

SPECIALTIES

- ▶ Strength and Conditioning Training
- ▶ Body Composition Coach
- ▶ HITT Workouts
- ▶ Hypertrophy & Endurance Training
- ▶ Nutritional Guidance & Health Coach
- ▶ Building healthy relationship with Food and Fitness

PORT ADELAIDE



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@kiyah_rumsby

