

sizeportia@gmail.com

Deviant 24:7 Gym

PORTIA

SIZE

PORT ADELAIDE



PERSONAL TRAINER

Certificates III & IV Fitness | First Aid & CPR | Female Athlete of the year 2020 (Basketball SA Country program) | U17 Australian Basketball Squad | Ran a half marathon

SPECIALTIES

- ▶ Strength and Conditioning
- ▶ Fat Loss & Toning
- ▶ Hypertrophy
- ▶ HIIT & Cardio Workouts
- ▶ Weight Management
- ▶ Nutrition Guidance
- ▶ Health Coaching

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