

carsonlam0710@gmail.com

Derrimut 24:7 Gym

CARSON

LAM

RUNDLE MALL



PERSONAL TRAINER

Accredited-Au Exercise Scientist | Exercise & Sports Science Au Member | Nutrition and Food Science | 2021 ICN Men's Fitness Champion | Certificate of Exercise During Pregnancy & Post-Partum | Group Fitness Specialization

SPECIALTIES

- ▶ Nutrition Specialization
- ▶ Strength & Conditioning Specialization
- ▶ Corrective Exercise Specialization
- ▶ Weight Management Specialization
- ▶ Group Fitness Specialization

RUNDLE MALL

N/A



0466 987 379

