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Derriant 24:7 Gym

NICHOLAS

O'CONNOR

THOMASTOWN



BODY RECOMPOSITION COACH

**Qualified Trigger Point Therapist |
Certificate IV in Fitness**

SPECIALTIES

- ▶ Pain Management
- ▶ Injury Rehabilitation
- ▶ Muscle gain and Fat loss
- ▶ Nutrition and diet guidance
- ▶ Strength and Conditioning
- ▶ Posture Correction
- ▶ Online Coaching

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