

rapperson4569@gmail.com

Derrimut 24:7 Gym

DEXTER

SON

WINDSOR GARDENS

PERSONAL TRAINER

**Taekwondo & Judo | Snowboard & Wakeboard Coach |
Int'l Pisa Korea Cert | 2014-2016 Body building
competition 65kg | 2017 Body building competition 70kg
| Ges Training For Corrective Exercise | Rehabilitation
Exercise | Physical Educ & Child Exercise | Sports
Massage | Small Equipment Training | Cpr & First Aid**

SPECIALTIES

- ▶ Fast Loss & Diet Food
- ▶ Hypertrophy
- ▶ Cardio & Aerobics
- ▶ Boxing Class Experience
- ▶ Pilates Beginner Class
- ▶ Body Profile Photograph Shot

WINDSOR GARDENS



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@pt.dexter_derrimut

