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Derrimat 24:7 Gym

NICK

CARDONE

WINDSOR GARDENS



PERSONAL TRAINER

**Certificate IV Fitness | Strength System
International Certification Level 2 | Mentor for
New Coaches | JPS Science to Gym Floor Level 1**

SPECIALTIES

- ▶ Hypertrophy Training
- ▶ Strength Training
- ▶ Lower Body Muscle Growth
- ▶ Upper Body Muscle Growth
- ▶ Fat Loss
- ▶ Powerlifting Big 3 Squat, Bench Press, Deadlift

WINDSOR GARDENS



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