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Derriant 24:7 Gym

RHYS

PRICE

WINDSOR GARDENS



PERSONAL TRAINER

**Certificate III and IV in Fitness | WBFF Pro
Muscle Mode | Currently Studying Diploma of
Nutrition**

SPECIALTIES

- ▶ Body Fat and Muscle Gain
- ▶ 1-on-1 and 2-4 Group Sessions
- ▶ Female Specific Training and Nutrition
- ▶ Bodybuilding and Photoshoot Preparations
- ▶ Online Coaching and Programming
- ▶ Nutrition and Flexible Dieting Plans

WINDSOR GARDENS



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