

Support@S2Sfit.com

Deviant 24:7 Gym

TUSHAR

DHINGRA

WINDSOR GARDENS



PERSONAL TRAINER

**Men's Fitness Overall Champion ICN SA 2022
(Adelaide Classic) | American Council on Exercise
Certified PT | IAPC Certified Bodybuilding Specialist
Certificate IV Fitness | 5-yr exp in business**

SPECIALTIES

- ▶ Body Recomposition
- ▶ Hypertrophy
- ▶ Weight Management
- ▶ Athletic Performance
- ▶ HIIT Circuits
- ▶ Functional Training

WINDSOR GARDENS



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