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Derriant 24:7 Gym

CONNOR YOUNG

Personal Trainer

Melton, VIC



Personal Trainer

Masters of Exercise and Sport Science (S&C Major) | Bachelor's Degree in Exercise Science (clinical practice) | First Aid & CPR | ASCA Level 1 strength and conditioning

SPECIALTIES

- ▶ Strength & Conditioning
- ▶ Athletic Development
- ▶ Return to Play
- ▶ Injury Management
- ▶ Weight loss

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Melton