

CraigHamiltonFitness@gmail.com

*Derrivant 24:7 Gyn*

# CRAIG HAMILTON

Personal Trainer

Smithfield, SA



## Personal Trainer

Certificate III & IV in Fitness | Bootcamp level 1 & 2 | 2<sup>nd</sup> place novice bodybuilding IFBB SA 2019 | First aid & CPR

## SPECIALTIES

- ▶ Bodybuilding
- ▶ Kickboxing/Boxing
- ▶ Fat loss
- ▶ General fitness
- ▶ Strength/Conditioning
- ▶ Group fitness/Bootcamps

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