

Derriant 24:7 Gym

KIM SZEREDI

FEMALE COACH

Oakleigh, VIC



Female strength coach

B.S. Exercise and Sports Science | Certificate 3 & 4 in Fitness

SPECIALTIES

- ▶ Intermediate-advanced hypertrophy and strength coaching
- ▶ Powerlifting coaching
- ▶ Escape overwhelm in food and body image
- ▶ Online, and hybrid online/in-person coaching
- ▶ "Breaking Beliefs & Building Physiques" mastermind program
- ▶ Seasalt and Fitness App subscription service

@Seasalt_and_fitness

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Oakleigh