

coachmackay1@gmail.com

Derriant 24:7 Gym

KYLE MACKAY

PERSONAL TRAINER

Oakleigh, VIC



APU National Powerlifter

ESSA Accredited Exercise Scientist | Bachelor of Exercise Sport Science
(S&C Major) | First Aid & CPR

SPECIALTIES

- ▶ Powerlifting Coaching
- ▶ Body Recomposition
- ▶ Injury Management
- ▶ Athletic Development
- ▶ Nutritional Guidance

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Oakleigh