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ROMEO APINES

PERSONAL TRAINER

Oakleigh, VIC



Personal & Fitness Trainer

Certificate III & IV in Fitness | Diploma in Fitness | Bachelor of Exercise Science (Sport Practice)

SPECIALTIES

- ▶ Professional Muay Thai & Boxing Competitor
- ▶ Australian Strength Coach Certification Level 1 & 2
- ▶ Eugene Teo Muscle Mechanic Workshop
- ▶ Melbourne Strength Culture Coaching Mentorship
- ▶ Woodford Sports Science Consulting Mentorship
- ▶ WSSC Strength, Power & Speed Level 1

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