



## A BIT ABOUT ME

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With 8 years experience in the industry, I've built a reputation of helping my clients achieve their goals and ensure their results stay with them for years to come.

I believe that success lies in the ruthless pursuit of the basics. A well rounded and balanced approach to your training will ensure you reap the rewards for your efforts.

I've taken my own body to the limits, competing nationally as a powerlifter, running marathons, and constantly pursuing new personal challenges.

I have a deeply rooted background in functional training and bio mechanical assessment, barbell sports such as powerlifting and olympic lifting, and a successful background working with pre and post natal clients.

## EDUCATION & TRAINING

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- Sports Nutrition Australia Accredited
- Cert 3 and 4 in Fitness
- Certified Functional Strength Coach VL 1
- Australian Weightlifting Federation Barbell Coach
- HKC kettlebell Certified
- MBSC Thrive and FMS Certified
- Crossfit Weightlifting Coach
- Crossfit Football Coach
- Crossfit Level 1 Coach
- AIK Battle Ropes and Power Bags
- Pre Script Level 1
- Fearless- Mindset Coaching

## TRAINING INTERESTS

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- Strength training
- Weightloss
- Powerlifting
- Olympic lifting
- Functional training



# WARREN

PERSONAL TRAINER  
GROUP FITNESS

“  
Motivation is  
a myth.... Only  
need can inspire  
you”

## GET IN TOUCH

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bronxtraining@gmail.com

@bronxtraining

Bronx Training