



Jacob

Personal Trainer

Areas of expertise

Athlete Development

Strengthen/Muscle gain

Injury rehab

General Movement

About me

Jacob has grown up playing a multitude of sports including, basketball, tennis, AFL, swimming and soccer, and understands the importance of staying injury free and agile. He also understands the skills and abilities that an athlete must possess to play at an elite level.

As well as this Jacob enjoys training for strength and muscle growth in his spare time and enjoys the satisfaction of others breaking new personal bests on their lifts or feeling that their body has transformed to new levels through muscle gain. With Jacob's vast area of expertise, he feels that he can help anyone achieve their desired outcome and that training should never be one size fits all.



Qualifications

- Bachelor of Exercise and Sports Science
- Certificate 3/4 allied health assistant (physiotherapy)

Mill Park
Leisure



City of
Whittlesea