



Kyle

Personal Trainer

Areas of expertise

General Health and Fitness

Strength and Conditioning

Weight Loss

Muscle Gain

About me

Kyle's journey in fitness and coaching began at the age of 9 when he started practicing taekwondo. Over the next 14 years, he not only competed but also had the privilege of coaching children aged 5 to 14. Kyle has dedicated time to working with elderly individuals, focusing on falls prevention alongside a physiotherapist. This experience deepened his understanding of the importance of fitness at all stages of life.

Kyle is currently pursuing a Masters in Cybersecurity, but his passion for fitness has led him to also work as a personal trainer and gym instructor. Kyle's goal is to help people of all ages and backgrounds gain confidence in themselves and improve their athletic performance.

Qualifications

- Exercise and Sport Science
- Certificated IV in Allied Health Assistance (Physiotherapy and Occupational Therapy)



Mill Park
Leisure

