



**Amber  
McLachlan**

**Personal Trainer**

## Personal Trainer

### Areas of expertise

- General fitness
- Functional training
- Strength training
- Improved health and wellbeing

### Qualifications

- Bachelor of Exercise and Sport Science (final year)

### Bio

Amber has previous experience as a Rugby Referee for International Women's Test Matches, and currently referees in the local Victorian competition on a weekly basis. She loves all things sport and exercise, and has a particular passion towards team sports and group training, where she admires the challenging yet supportive team environment. Amber enjoys watching almost any sport and loves to learn of the detail and skills involved.

Amber decided to change her career path and moved into the fitness field with the aim of helping others improve their quality of life and achieve their goals through exercise.