



Anthony

Personal Trainer

Areas of expertise

General Fitness

Strengthen/Muscle gain

General Movement

About me

Anthony has a passion for helping individuals unlock their full potential. With a diverse background in martial arts and fitness, Anthony brings a unique blend of expertise, motivation, and dedication to every training session. As a former professional mixed martial artist and competitor in muay thai, Brazilian jiu-jitsu, taekwondo and boxing, Anthony has sharpened his skills in various disciplines of martial arts.

Whether you're looking to build strength, improve flexibility, or enhance overall fitness, Anthony will tailor a personalised training program to suit your goals. Anthony is deeply passionate about helping individuals become the best version of themselves. He believes in a holistic approach to fitness that encompasses physical, mental, and emotional well-being. As your coach, you can expect unwavering support, encouragement, and guidance every step of the way on your fitness journey.



Qualifications

- III and IV in Fitness

Mill Park
Leisure



City of
Whittlesea