

Alex Blackburn

Personal Trainer

Industry Registered Qualification

- Fitness Australia Level 1 Registered Exercise Professional
- Over 1.5 years experience in the Health and Fitness Industry

Qualifications/Certifications

- Bachelor of Sport & Exercise Science
- Certificate IV Fitness
- Certificate III in Fitness
- ASCA Level 1 Strength & Conditioning
- ACSA Level 2 Strength & Conditioning (in progress)
- Club Weightlifting/Sports Power Coach 1 Licence
- ASADA Anti-doping for coaches
- Senior First Aid

Knowledge and Skills

- Working with Vulnerable People

Specialty

- Strength & Conditioning
- Injury rehabilitation & prevention
- Weight loss
- General health & fitness

Hobbies and Interests

- Sport & Rugby League
- Snowboarding

