



Brendan Sainsbury

Personal Trainer

Role	Personal Trainer
Industry Registered Qualification	Level 2 Strength and Conditioning Coach
Qualifications / Certifications	<ul style="list-style-type: none"> • Bachelor of Sports Coaching Exercise Science (BSpCEXSc) • Master of Exercise Science (In progress) • Cert IV Fitness • Cert III Fitness • MMA Fitness Level 2 • Kettlebell Instructor Level 2 • ASCA Level 2 Professional Strength and Conditioning Coach
Speciality	<ul style="list-style-type: none"> • Strength and Conditioning • Bodybuilding • Powerlifting • Olympic Lifting
Hobbies and Interests/Personal Pursuits	<ul style="list-style-type: none"> • Sport • Diet and nutrition • Strength & Conditioning • Movies