

James Mount

Personal Trainer

Industry experience

-Over 2 years experience in the Health and Fitness Industry

Qualifications/Certifications

- Certificate IV Fitness
- Certificate III in Fitness
- ASCA Level 1 Strength & Conditioning (in progress)
- Kettlebell Training Certificate Level 1
- First Aid
- CPR
- Masters in Physiotherapy (beginning in 2018)

Specialty

- General health & fitness
- Weight loss
- Building personal motivation
- Sports specific training
- Sports specific Strength & Conditioning

Hobbies and Interests

- AFL
- Football

