



Paulo Soares

Afternoon Lead Trainer

Role	Afternoon Lead Trainer
Industry Registered Qualification	ASCA Level 1 Strength & Conditioning Coach
Certifications	<ul style="list-style-type: none">• Strength & Conditioning Level 1• Cert IV• Cert III• Kettlebell Level 2• Thump Boxing Level 1
Speciality	Strength & Conditioning Bodybuilding General Fitness
Hobbies and Interests/Personal Pursuits	<ul style="list-style-type: none">• Movies• Reading• You Tube