



# Sinead Steele-O'Donnell

## Personal Trainer

<b>Role</b>	<b>Personal Trainer</b>
<b>Industry Registered Qualification</b>	Level 1 Registered Fitness Professional Australia
<b>Certifications</b>	Diploma fitness Cert IV Cert III
<b>Speciality</b>	<ul style="list-style-type: none"> <li>• Female Training</li> <li>• Weight Loss</li> <li>• Special Population</li> <li>• Periodization Programs</li> <li>• Boot Camps</li> <li>• Weight Training</li> </ul>
<b>Hobbies and Interests/Personal Pursuits</b>	<ul style="list-style-type: none"> <li>• Training to compete in female fitness competitions</li> <li>• Studying</li> <li>• Obtaining Level 1 Strength and Conditioning</li> </ul>