

Jess Ruland

Fitness Centre Supervisor & Personal Trainer

Level 1 Fitness Australia Registration

Qualifications

Certificate III in Fitness - Gym Instruction
Certificate IV in Fitness - Personal Training
Functional Mobility Level 1
Functional Training Theoretical Foundations
Kettlebells Level 1 Trainer
Kettlebell Level 2 (Advanced) Trainer
Advanced Crankit Suspension Trainer
Powerbag Trainer
Battling Ropes Trainer



My Personal Training Philosophy

I train myself in a way that excites me and is related to my sports and fitness. I play soccer so my programs are sport specific with a mix of weights and plyometric exercises. Innovative equipment is what I enjoy training people with.

If things work for you then let's do that, everyone's ability to complete an exercise or even a whole program is different therefore everyone should be catered to accordingly to see the best results.

What motivates me is when the clients start getting feedback from other people, because they tend not to see the progress themselves it generally takes others to give someone a compliment before they feel any sort of confidence in their training.

**NEED SOME HELP WITH TECHNIQUE, DIRECTION OR
JUST WANT A LITTLE EXTRA PUSH?**

**Book in with Jess, or any of our qualified
Personal Trainers today!**