

Brad Fry

Fitness Centre Supervisor & Personal Trainer

Qualifications

Certificate III in Fitness - Gym Instruction

Certificate IV in Fitness - Personal Training



My Personal Training Philosophy

I have a hypertrophy based training style with high intensity and frequency.

What can be expected from my PT sessions? Nothing fancy, just movements and exercises proven to promote changes/gains. I am proficient in various training methods such as drop sets and super sets, each with my own personal variations.

I am experienced in training around injuries and can provide safe training programs and options for my injured clients.

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

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