

# Ethan Carpenter

Fitness Centre Supervisor

Level 1 Fitness Australia Registration

## Qualifications

Certificate III Fitness

Certificate IV Fitness

Level 1 Conditioning & Olympic Coach - ASCA

Level 1&2 ASADA Representative Mentor



## My Personal Training Philosophy

Coming from a swimming based background has lead me to learn and train in different techniques to develop aquatic movements and training styles.

I also having a passion for Olympic Lifts, and have found training in these styles provide benefits all aspects of my fitness, adding to my current routine and goals.

What motivates me is seeing someone progress and being able to finally pull off a lift they have been training for.

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

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