

PERSONAL TRAINER



Qualifications

1999 - BA of Sport Science, STAPS University. Paris, France.

2001 - Degree in Personal Training, CREPS Institute. Paris, France.

2004 - Advanced Personal Trainer Certificate FISAF Institute. Paris, France

2007 - Certificate 4 in Fitness, FIA - Fitness Institute of Australia, Sydney.

2007 - Certificate 3 in Fitness, FIA - Fitness Institute of Australia, Sydney.

2008 - Elite Boxing Certificate

Specialities

- λ Yoga
- λ Pilates
- λ Boxercise
- λ Rockclimbing
- λ Outdoor Training
- λ Nutrition

- λ Weight loss
- λ Body toning
- λ Functional training
- λ Sports preparation
- λ Advanced programming for athletes

Experience

I hold over 7 years of working in the health and fitness industry working as personal trainer and group exercise instructor. My fitness career has taken me to many different countries such as France, Tahiti, Greece, U.S.A and now Australia. I worked for 'Aquaboulevard' in Paris, the largest gym in Europe holding over 10000 members where I provided personal training specific programs for professional athletes, gymnasts, and boxers in association with Physiotherapists and specialist Sports Professionals. I was a finalist in the French Aerobic Championship in 2005 and trained for competition sports such as soccer, swimming, gymnastics, boxing, aerobics, surfing and athletics.

With all the knowledge and experience I have gained throughout my 7 years of Personal Training, I can adapt exercises specifically tailored to your fitness level and help get you fast-tracked towards your fitness goals.

You would never have thought that training could be so enjoyable!

What are you waiting for? Contact me and find out how I can help you change your life!

Alain Lesage

Phone: 0415 823 576

Email: alainlesage81@hotmail.com