

PERSONAL TRAINING

Lance Lieber lost over 66 kilograms in the two year period between 2000 and 2002. More importantly, he has managed to keep his weight under control since then. So inspired was he by his own journey that he chose a new career track.

What is unique about Lance is that he understands from a practical perspective the trials, the pitfalls, the stereotyping, the joy and the agony of achieving this amazing feat.

As a fitness trainer, Lance utilizes his unique experience to educate, empathize and support his clients. His philosophy is to promote health and wellbeing through manageable lifestyle improvements. Thus getting outstanding results whether the goal is to lose 5 kilograms or 50 kilograms.

Lance has received mentorship from some of Sydney's finest personal and group trainers over the last five years, doing mobile personal and group training, massage therapy and rehabilitation.

Now he brings his passion to Total Body Conditioning, where **he will help you achieve your goals.**

Offering services such as:

- Fitness assessments **tailored** to your goals
- One on One **personalized training** for maximum benefit
- Personal group training to be with friends or people with similar goals
- Boxing and Self Defense, including **Women's Self Defense**

Lance

Has also a number of qualifications including:

Certificate 3,4 and Diploma of Personal Training (TAFE and FIA)

Diploma Massage Therapy (TAFE)

Black Belt Pro Accreditation (Black Belt Pro Randwick)

Graduate Dip Business Administration (Macquarie University)

First Aid Level 1 and 2 (SECTA)

