

ALANA MENDICO



PERSONAL TRAINER

Specialises in

- Strength and Conditioning
- Olympic/Power Lifting
- Sport Specific Training
- Injury Rehab and Prevention

Qualifications and Experience

- Certificate III & IV in Fitness
- Bachelor of Exercise and Sport Science

Bio

Alana believes that movement quality is paramount for getting the most out of training and improving general health, fat loss, injury prevention and strength. With the correct tailored program that focuses on variety, intensity and motivation, Alana hopes that her clients will be able to achieve their best mentally and physically. She understands that many people live with pain and discomfort causing them to avoid activities, and hopes to show people how this can be easily treated and managed with consistent tailored workouts.