



# ANDRIANA

## PERSONAL TRAINER

### Specialises in

- Weight training
- Body Building
- Strength and Conditioning
- Weight loss
- Sport Specific Training

### Qualifications and Experience

- Cert III & IV Fitness
- Bachelor of Sport and Exercise Science (Ongoing)
- Cert IV Allied Health Assistant

### Bio

Andriana is currently studying her Bachelor of Sport and Exercise Science and is planning to transition into Masters of Physiotherapy. Andriana has a strong background playing team sports such as AFL and Basketball which has allowed her to increase her knowledge of sport-specific training. She also is passionate about weight training in the gym and understands the importance of muscular strength and development. Andriana loves the rewarding experience of being a personal trainer by helping people of all ages and backgrounds. Andriana understands the challenges of achieving your goals and she has learnt how to set people up for success. She is very motivating and will push you to be the best version of yourself to overall increase your health and well-being and reach your fitness goals.