

MICHAEL SPIRITOSANTO

QUALIFICATIONS

- Cert III in Fitness
- Cert IV in Fitness
- Level 1 and Advanced Cert in Boxing

AREAS OF EXPERTISE

- Body Sculpting / Building
- Functional Fitness
- Sports Development
- Weight Loss
- Health Coaching

BIO

My passion for fitness arose in 2019 as I learnt about resistance training and bodybuilding style of training in my neighbour's garage. Continuing this journey through the COVID period I also had the desire to get back into team sports which I have played basketball since the age of 12. This then sprung the curiosity for functional fitness and athletic movement to increase my performance and live my life to its fullest potential.

Becoming a personal trainer has been the first step into my career in osteopathy. My interests for helping people move well and increase the longevity of their bodies is what drives me to make a difference for the general public.

I have a passion to help people live their best lives and to achieve their dream bodies. I take pride in knowing people can look good and feel good with the proper guidance and would love to make a difference to each individual person.



What's your favourite movie?

Creed II

Top workout tip?

Movement is medicine! Keeping active and consistent will improve your quality of life!

