

# MATT SIRACUSA

## QUALIFICATIONS

- Bachelor Exercise Health & Science
- Certificate IV Fitness
- Certificate III Fitness

## AREAS OF EXPERTISE

- Strength and Conditioning
- Weight loss
- Functional training
- Mobility



## BIO

I have been a personal trainer for over 5 years. I have a passion for helping others reach their fitness goals. I have worked with all types of clients, from those just starting out to those looking to take their fitness to the next level.

I have a bachelor's degree in exercise and health science and certified by Ausactive. I am always continuing my education so I can provide the best possible service for my clients.

I believe fitness and training should be fun and strive to make my clients experience enjoyable as well as effective. I am always available to answer questions my clients may have and always am always looking for new ways to help them reach their goals.

## Favourite movie?

Lord of the Rings: The Return of the King

## Top workout tip?

Consistency is key!