

LUCY BIUSO

QUALIFICATIONS

- Cert III in Fitness Gym Instructor
- Cert IV in Fitness and Personal Training

AREAS OF EXPERTISE

- Strength and Conditioning
- Functional Training
- Boxing for fitness and technique
- Cardio and Resistance training

BIO

My love for fitness began in 1996 when I became a member at East Keilor Fitness Centre and participated in all group classes. It ignited the passion for self improvement, to help motivate myself and others in making the change to feeling great about themselves.

Having gone through my own body transformation over the years and seeing the benefits of exercising for overall physical and mental health. I decided to study at NMIT for my Cert III in fitness instruction and group training in 1999.

I found my passion for boxing teaching Les Mills Body Combat classes at Windy Hill and have not looked back since.

Fast forward 20 years in the process of becoming a mum to 2 beautiful girls and career changes along the way working as a yoga and music presenter for early learning centres my love for fitness and boxing remained.

Over the last 5 years i have been training closely with multiple boxing coaches and mma fighters.



My most recent venture was in Bali trained by MMA fighter Luke Howard and also having the pleasure of meeting British Olympic undefeated boxing champion Tony Jeffries participating in his seminar learning an immense amount of knowledge on footwork and skills needed for boxing in the ring.

I have most recently updated my Cert III & Cert IV ready to inspire and motivate others.

What's your favourite movie?

I have too many but my go tos for a good laugh are always "White chicks" or "Bridesmaids" I love a good belly laugh.

Top workout tip?

"Consistency & movement is key to success" Nothing will change if you don't make it happen. Stay positive in the process and aim for the stars. I guarantee you will see results to "Look well, Feel well"