

STEFAN ZIVANIC

QUALIFICATIONS

- Cert III and IV Fitness
- Cert III Nutrition
- Bachelor Exercise Science
- Bachelor Psychology
- Level 1 Crossfit Coach

AREAS OF EXPERTISE

- Functional training
- Weight management and nutrition
- Sports performance

BIO

I pursued personal training as a natural extension of my lifelong passion for fitness and my desire to empower others on their wellness journey. Having firsthand experience of the transformative power of exercise, I felt compelled to share my knowledge and enthusiasm for others, guiding them toward their fitness goals and helping them unlock their full potential.

Seeing clients achieve what they once thought impossible is incredibly rewarding. Whether it's mastering their first push-up, conquering a chin-up, or completing a 5km run, these breakthroughs fuel my passion for personal training. Guiding clients to surpass their own expectations is the heart of why I love what I do.

As well as my clients goals, my own goals include:

- 2024 Gold Coast Marathon
- 2025 Geelong Half Iron Man
- Top 100 Crossfit Quarterfinals



What sports do you play?

Crossfit.

Top workout tip?

Improve both your strength and cardiovascular fitness, try not to neglect any area of fitness.

Top nutrition tip?

Eat a balanced and flexible diet which supports exercise and your life.