

MICHAEL SPIRITOSANTO

QUALIFICATIONS

- Cert III Fitness
- Cert IV Fitness

AREAS OF EXPERTISE

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

BIO

I've been a keen basketball player since the age of 12 and always had an interest in team sports. This further spurred my interest in functional fitness and athletic movement to increase my own performance and live my life to its fullest potential.

My pursuit of a career in fitness started in 2019 when I started learning about resistance training and the bodybuilding style of training in my neighbours garage.

Becoming a personal training was the stepping stone to pursuing a career in Osteopathy, which I'm currently studying. My goal is to be able to make a difference for the general public by helping people to move well and increase their longevity.

I have a passion to help people achieve their dream bodies and ultimately live their best lives. I take pride in knowing that through my guidance and assistance, people have the ability to make a difference in their own lives, look better and feel better about themselves.



What's your favourite movie?

Creed II.

Top workout tip?

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