

# JARRRED GILMORE

## PERSONAL TRAINER

I appreciate the hard work and dedication that all my clients put into achieving their fitness goals, which is why I am always prepared to go that extra mile to help each and every one of them succeed. At the end of the day your success is my success.

If you are looking for a hardworking, empathetic and loyal PT then feel free to come and have a yarn.

## EXPERIENCE & QUALIFICATIONS

Bachelor in Physical Education  
(Exercise Prescription & Management)

Level 3 Exercise Consultant Certificate

Been an instructor for RPM, F45, Boot Camps  
as well as sports teams and athletes

Been in the fitness industry since 2015

Hobbies & Interests:

Rugby - play for Kaiapoi Div 1 team  
& NC Senior Rep squad

## SPECIALISING IN:

- Personal Training
- Functional Movement Patterns
- Sport Specific Training
- Resistance Training
- Group Fitness - Revl GT Strength

