

TASMAN SCOTT

PERSONAL TRAINER

Comparison is the thief of joy so enjoy your personal accomplishments and focus on the goals that keep you consistent and motivated.

I get a real kick out of seeing my clients achieve any goal they strive towards. With my experience I'll help you get more out of yourself - maybe more than you every thought you were capable of - so that you can enjoy the progress you make every day.

EXPERIENCE & QUALIFICATIONS

Dip. of Sports, Recreation & Fitness (Lvl 5/6)

NZIS Coaching Endorsement

Been in the fitness industry since 2019

Hobbies & Interests:

Basketball, Rugby, Health & Fitness

SPECIALISING IN:

- Personal Training
- Plyometrics
- Mobilisation
- Weight Loss
- Sports Conditioning
- Injury Rehab



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