

# CAM GRAHAM

## PERSONAL TRAINER

Fitness has been a passion of mine for many years, having first joined a gym when I was 12 years old. What I have learned through my time as a gym member, and now as a Personal Trainer, is that a key to achieving your fitness goals is to ENJOY every challenge you set.

So a big part of training with me will be making your workouts both fun and challenging to better yourself.

### EXPERIENCE & QUALIFICATIONS

Bachelor of Applied Science  
Level 4 certificate of Sport Exercise  
Primary School Sports Coach  
Been in the fitness industry since 2021

#### Hobbies & Interests:

Rugby League, Wild Foods, Pickleball, Hats

### SPECIALISING IN:

- Personal Training
- Sport Specific Training
- Strength Training & Muscle Growth
- Technique Improvement
- General Fitness



[www.sportstrust.org.nz](http://www.sportstrust.org.nz)

ALPINES  
MITRE 10  
MEGA  
KAIPOI  
FITNESS CENTRE