

STEFFAN SCUTTI



WHAT TO EXPECT WHEN TRAINING WITH STEFFAN

My clients understand that the time they are with me is the time they will always be moving forward to achieving their goals. My clients will never leave a session without achieving what they came in for. The intensity I train my clients at will depend on the goals that they have in mind. With the correct balance of exercise and nutrition we can all live a happier, healthier and longer life. I also teach golf specific training and also work close in with Herbalife to help my clients get the correct nutrients needed to achieve their goals and guarantee results..

QUALIFICATIONS

- Master trainer
- Certificate 3&4 fitness
- Fitness Australia level 3
- Certificate 3 Customer contact
- Kettlebell level 1, 2 & group
- Powerband training
- Functional training
- Pelvic floor
- Herbal life distributor

SPECIALISES IN

- Function resistance training
- Sport specific Training (golf)
- Fitness and weight loss specific
- Kettlebell training

CONTACT

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