



LIISI KREEN -  
STRENGTH, CONDITIONING & REHAB

My fitness journey started in July 2012. Prior to that I was never really into fitness and didn't exercise regularly. I had tried some aerobics classes and did a bit of running here and there, but never enjoyed it and therefore didn't stick with it. So eventually it caught up with me and I found myself overweight and weak.

When I started with my training with my Personal Trainer I had no idea where it will take me. Training day after day and getting amazing results I found that I really started to enjoy waking up early and pushing my body through things that seemed impossible just weeks before. And so I fell in love with fitness...

In the beginning of 2013 I decided that it was a year of change.

So I looked into getting qualified as Personal Trainer and enrolled with Australian Institute of Fitness. Since then my love and passion for fitness has only grown stronger.

I enjoy working with people and helping them to achieve their fitness goals. It is the most rewarding job I can ever imagine. It is amazing to hear from your client who hated exercise with every cell in her body that gym is now her happy place. It is great to experience that people with niggling knee pains can now run without any issue and are actually enjoying it. It is great to work with people who struggle to do a quarter-squat in the beginning of their journey and eventually having enough strength and mobility to go through a full range of motion. And it is amazing to see your clients lift weights that they thought were way too heavy for them.

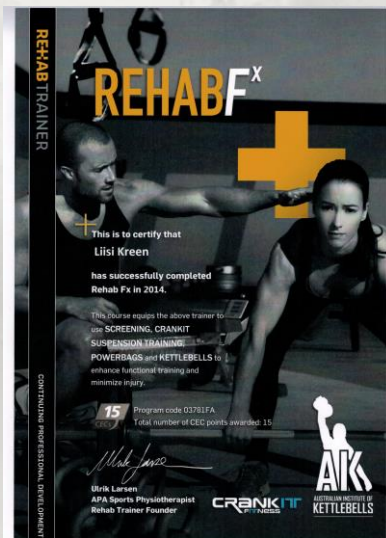
I am continually educating myself to be better than I was just a day before.

LIISI KREEN - STRENGTH, CONDITIONING & REHAB  
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I have several certifications and am accredited Rehab Trainer which means that I can help people with chronic injuries and niggling pains:

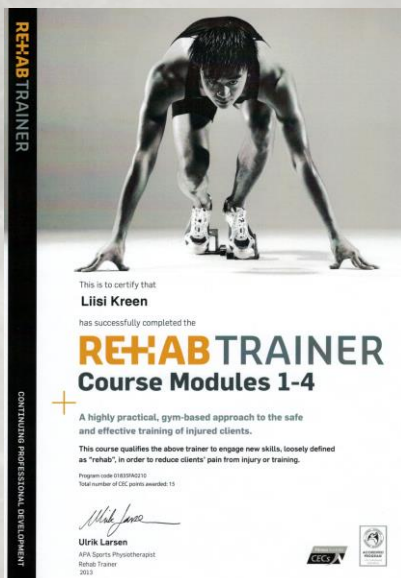
### RehabFx

Functional Movement Training and Fitness has become very popular in the last decade, and prides itself as developing and teaching the safest forms of exercise. Of course, we Rehab Trainers LOVE functional movement for all sorts of injury-reducing reasons.... Yet anecdotal evidence is building that injury rates are dangerously high: clients are mindlessly doing Group Fitness (from Bootcamps to cross-fit style workouts), attempting complex Olympic lifts, heaving Kettlebells carelessly around and showing terrible form on their Suspension Trainers!



RehabFx has given me knowledge to make sure that you perform all these exercises safely and correctly.

Completed: March 2014



### Rehab Essentials

Rehab Trainer is leading a fresh stream of education for the fitness industry: to create a new breed of Fitness Professional who is able to more effectively assess, rehabilitate and prevent low risk injuries from developing during their training of clients.

Completed: November 2013



### Punchfit Trainer

Boxing is not as easy as just putting on the gloves and start punching. You need to do it properly to be safe from any injuries.

Punchfit Trainer certification has given me knowledge about technique in boxing and pad work so I can work safely, offer fun and innovative fitness sessions.

Completed: October 2013

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## AIF Master Trainer

The course covered everything a Personal Trainer needs to start their career, including: the essentials of exercise science, the foundations of fitness conditioning, enhanced communication, five-star personal training, health and sport nutrition, and so much more.

As a Master Trainer, you will be expected to have met the following standards:

- Presentation
- Punctuality
- Attitude
- Attendance
- Performance
- Experience

Completed: November 2013



Furthermore I am always learning and reading from the best coaches in the field all over the world. Including but not limited to Dave Tate, Julia Ladewski, Eric Cressey, Mike Robertson, Molly Garbaith etc.



## Certifications & Awards:

Registered with Fitness Australia

Certificate III & IV in Fitness

AIF Master Trainer Level 1

Senior First Aid

Punchfit Trainer

Accredited Rehab Trainer

Rehab Fx

Best female lifter at Backwater Open -

Powerlifting Novice Comp (July 2014)

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