



BRIANNA DAW

PERSONAL TRAINER

Specialises in

- Body composition
- Weight loss
- Muscle growth/hypertrophy
- Strength and conditioning training
- Nutrition guidance
- Circuit training

Qualifications and Experience

- Certificate III and Certificate IV in fitness
- Currently undertaking a Bachelor Exercise Sports Science
- Bikini bodybuilding competitor 'I Compete Natural' x4 1st placings

Bio

As a personal trainer, I seek to guide, educate and inspire each of my clients to achieve and maintain their personal health and fitness goals. Approaches are individualised and collaborative, seeking to harness the client's intrinsic motivation and enhance their confidence.