



# SAMEER VASHISHAT

## PERSONAL TRAINER

### Specialises in

- Weight loss /Toning.
- Muscle building
- Strength training
- Body sculpting
- Meditation

### Qualifications and Experience

- Certificate III in Fitness
- Certificate IV in Fitness
- Certificate 1 & 2 in Reiki

### Bio

Competed in Various Fitness Competitions,  
and weight lifting for last 10 Years.