

Adam Clayton



Philosophy on exercise, health & fitness

Functional "fitness" comprises 3 main disciplines: strength, endurance and mobility. To be truly "fit" we must work on our weaknesses to balance these 3 areas. Training and exercise should be something we enjoy, and enhances our lifestyle.

What areas do you specialise in?

Functional training, body balancing and weight loss

Greatest achievement with a client

I helped a client completely change her whole approach to training and lifestyle. She lost 63kgs in just over a year, and has maintained her training and weight balance for over 5 years now. Seeing the change in her confidence and happiness was awesome!

Qualifications

Cert 3 & 4
ASCA Level 1 Strength & Conditioning
Tennis Australia Level 2 Coach
ACE Level 1
Original Bootcamp Instructor Qualified
Kettlebells Level 1

Why should you train with me!?

I have over 20 years of experience in the health and fitness industry, working with the best in the business. We will combine scientifically based principles (THE HOW), with motivation and accountability (THE WHY) to get you the results you want.

Motto

Choose to make the rest of your life, the best of your life!
