



DARRIN USHER

Training Philosophy

"Don't limit your challenges, challenge your limits."

Achievement

- Hong Kong Muay Thai Championship
- Spartan Racer
- Inter Waterski Champion

Qualifications

- Certified Personal Trainer **(NASM)**
- Certified Youth Exercise Specialist **(NASM)**
- Certified Master Trainer **(ASFA)**
- Certified Fitness Trainer **(ASFA)**
- Certified Women's Fitness Trainer **(ASFA)**
- Certified Nutrition Coach **(PN1 Precision Nutrition)**

Training Areas

- Fat Loss & Weight Management
- Body Composition
- Body Building
- Recovery and Injury Prevention
- Youth Exercise
- Mobility Movement
- Strength Training
- Functional Fitness
- Kickboxing (Muay Thai)
- HIIT

Personal Interests

Boxing

Cars and Motorbikes