



RAJENDRA GURUNG

Training Philosophy

How you feel, is more important than how you look.

Qualifications

- AIS Assisted Stretching Professional
- Fat Loss Specialization (**ASP**)
- Certified Personal Trainer (**NASM**)
- Corrective Exercise Specialist (**NASM**)
- Rehab Essentials
(**Australian Institute of Fitness**)
- Advanced Functional Anatomy & Biomechanics (**SOMA**)
- Advanced Program Design (**SOMA**)
- Trigger Point Foam Rolling
- Certified Power Plate Trainer
- Kettlebell Trainer

Training Areas

- Rehabilitation & posture correction
- Strength and Conditioning

Personal Interests

Sports

Hiking