



SANDY SYDNEY

Training Philosophy

Consistency is the key to success

Qualifications

- Les Mills Master Trainer (New Zealand)
- NASM
- Crossfit Level 1
- Schwinn Indoor Cycling Instructor
- TRX
- TRX Rip
- Kettlebell Level 1
- Certified Yoga Instructor

Training Areas

- Weightlifting
- Circuit Training
- Strength and Conditioning
- Boxing
- TRX

Personal Interests

Meditation

Tattoo