



KRISTIAN KAMMERER

Training Philosophy

It's not about being better than others, it's about being the best version of yourself.

Qualifications

- Certified Personal Trainer (**NASM**)
- Certified Master Rehab Trainer (**AIF**)
- Suspension Trainer (**TRX**)
- Trigger Point Therapy – Level 1 (**Trigger Point**)
- Parkour Fitness Specialist – Level 1 (**Parkour Generations**)

Training Areas

- Strength & Conditioning
- Rehabilitation & Muscle Imbalance Correction
- Fat Loss / Muscle Gain
- Group & Circuit Training – HIIT

Personal Interests

Powerlifting, Martial Arts (Krav Maga), Strongman, Basketball & Rugby