

ACCELERATE

PERSONAL TRAINER



AHMED ABDRABOU

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- CERTIFICATE LEVEL 3 &4 (PERSONAL TRAINING)
- FITNESS AUSTRALIA REGISTERED
- CURRENT FIRST AID CERTIFICATE
- GROUP FITNESS TRAINER

WORKOUT ON ~~YOUR~~ MY TERMS.

Expert in:

- Strength and Conditioning
- Bodybuilding
- Weight Loss -Maintenance Coach
- Muscle toning
- Sport specific Training / Rugby /Football
- Sports Nutrition
- Box -fit Trainer,
- Group fitness

Greatest accomplishment:

- U16 division 1 champions for mainland football in New Zealand 2008
- U18 division 2 champions for mainland football in New Zealand 2010
- U19 division 1 semifinalists for mainland football 2011
- Division 2 finalist of New Zealand rugby union in Canterbury 2014

The quote I live by:

“Don’t wish for it, work for it”

Interests:

- Rugby
- Football
- Boxing