

# ACCELERATE

## PERSONAL TRAINER



**TAMMIE PEUCKER**

**0401398896**

- CERT III & IV IN FITNESS
- GROUP FITNESS TRAINER
- HIIT INTERVAL TRAINING
- BOX FIT
- BODY SCULPTING
- NUTRITIONAL ADVICE
- FUNCTIONAL TRAINING
- STRENGTH & CONDITIONING

## WORKOUT ON ~~YOUR~~ MY TERMS.

I've been passionate about fitness for many years, I made Personal Training my career a number of years ago after having such personal success and with that came a strong desire to help others look and feel their best mentally and physically.

The training style i use varies depending on my clients individual needs from high intensity, weight based cardio training, muscle building, strength and conditioning, toning, sculpting & fat loss.

I thrive on helping others achieve results they never thought possible and looking and feeling the way you want to.

I'm a firm believer that the body won't go where the mind doesn't push it. Believing in yourself is your first step in achieving results and with my help the results simply follow.

Give me a call today!