

CONSTANTINE SPANTSIOS

QUALIFICATIONS

- Cert III Fitness
- Cert IV Fitness

AREAS OF EXPERTISE

- Body Transformation
- Weight Loss
- Muscle Development
- Strength and Conditioning Training
- Proper Mindset and Approach Training

BIO

Welcome to my world. I believe that a healthy lifestyle is the key to happiness and longevity, and I'm here to help you not only to achieve your fitness goals, but bring out the best version of you, no matter where you are on your journey.

My journey in the fitness world started more than 25 years ago and my philosophy centers on the idea that achieving and maintaining a healthy lifestyle is a journey, not a destination.

My approach to fitness is holistic, focusing not only on physical strength but also on mental well-being and lifestyle changes.

I believe that everyone is unique, and I tailor my training programs to suit your individual needs, preferences, and limitations.

Whether you're looking to lose weight, build muscle, improve your overall health, or simply boost your energy levels, I've got you covered.

I'm ready to partner with you on your fitness journey, helping you unlock your full potential and live a healthier, happier life. Let's start working toward your goals today!



What's your favourite movie?

The Count of Monte Cristo

Top workout tip?

No pain, No gain. The greater the suffering, the bigger the reward.