

# DANIEL BOULOS

## QUALIFICATIONS

- Bachelor of Exercise Science (Sports Practice)

## AREAS OF EXPERTISE

- Strength and Conditioning in Athletes
- Functional Movement
- Muscle Development
- Injury Prehab & Rehab

## BIO

Daniel has always had a strong interest in the sport and fitness industry as he has been in and around it from a very young age. He comes from a strong sporting background, playing various sports through his school years such as soccer, footy and basketball, as well as playing soccer outside of school for 12+ years, as well as getting into the gym for the past 2-3 years.

Through his studies at VU in exercise science, he brings his knowledge of most health conditions and how they can be managed within a gym environment.

Daniel has found a strong interest within the strength and conditioning area, conducting his uni placement at Oxidate Performance working with different semi-pro and ex-pro athletes and some state leagues alongside the coaching staff at the establishment. He got to help out and run some strength sessions for teams, conduct some pitch work and recovery sessions, and get an insight into programming sessions for athletes.

He hopes to use the knowledge he's gained from both his uni studies and his placement at Oxidate to help members of KELC reach their goals, both athletic or general public.



## What's your favourite movie?

I don't have a favourite, but my most watched franchise has to be the Marvel movies.

## Top workout tip?

Everyone has their good days and bad days in the gym. Each day is a new opportunity to improve yourself so take it and make the most of it.