

ANTHONY ZANTI

QUALIFICATIONS

- Cert III Fitness
- Cert IV Fitness
- Kettlebell training
- Boxing certification

AREAS OF EXPERTISE

- Weight training
- Weight loss
- Muscle gain
- Circuit training
- Boxing

BIO

I have been a personal trainer for 2 years now and absolutely loved every minute of it. I have worked with all types of clients and helped them get the best out of themselves. I look forward for the rest of the years to come making new friends meeting new people.

I've played local football for 13yrs, as well as soccer, basketball and boxing. I've also spent the last couple of years training in the gym.

My passion is to help people become the best version of themselves - both in the gym and in everyday life. I work to help clients change their lives in a simple and realistic way.

I am here to help people grow and become the best version of themselves. As a Personal Trainer I offer great service, training and motivation - all I ask in return is hard work and effort.

I take pride in helping people of all ages achieve their goals and I will do it in the best and effective way possible.

The gym can be an intimidating environment for some people but I will ensure to make the gym a good fun and enjoyable environment for you while training with me.



What's your favourite movie?

Creed
Everything from the Marvel franchise

Top workout tip?

Make sure you work hard to get the best out of yourself. Changes will not just happen overnight, you must stay consistent and keep putting in the work.