

DANIEL STANDEN

QUALIFICATIONS

- Cert III Fitness
- Cert IV Fitness
- Level 1 Boxing Australia Coach
- Level 1 Australian Strength & Conditioning Association (ASCA)
- Level 2 Australian Weightlifting Federation (AWF) State Weightlifting / Sports Power Coach

AREAS OF EXPERTISE

- Strength and Conditioning training

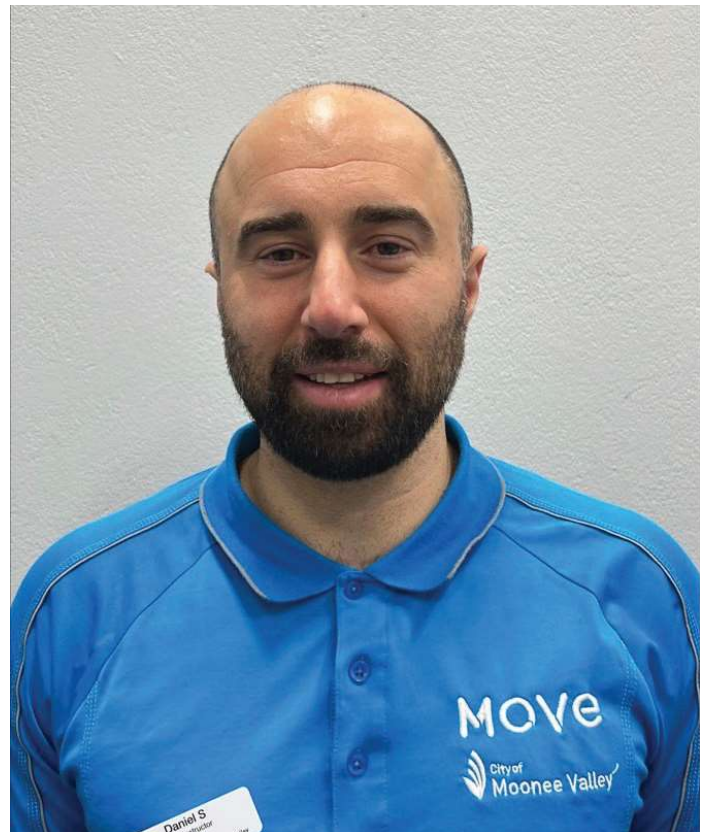
BIO

I began my journey into the fitness industry back in 2003 when I began my study at Kangan Batman TAFE to become a Gym Instructor and Personal Trainer.

I've been working in the fitness industry ever since, from PT to taking classes, and general gym floor shifts.

I've always been keen on sports and have participated and competed in a number of these, including racing in Belgium for cycling and triathlon.

These days I enjoy lifting weights, playing chess and drawing.



What's your favourite movie?

Enter the Dragon

Top workout tip?

Go for a walk after you've eaten!

