

# JONAS FREIHEIT



## SPECIALTIES



REHAB



WEIGHT  
LOSS



NUTRITION



STRENGTH &  
CONDITIONING

## ABOUT ME

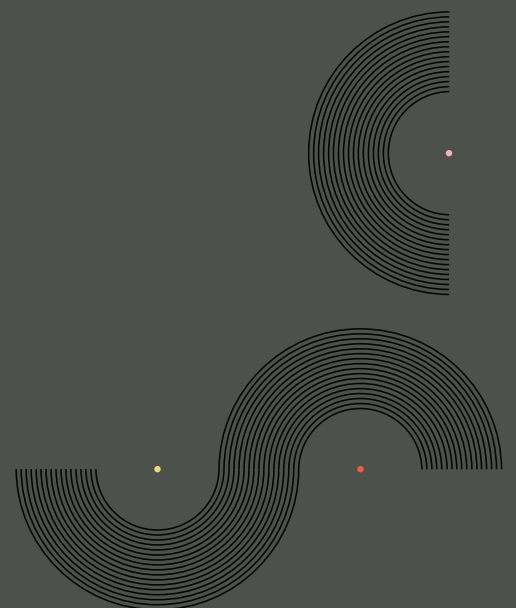
Training and movement have been a core part of my life for many years, with a strong background in strength training and long-term physical development. I take a thoughtful, evidence-based approach to training, focusing on building strength, movement quality and confidence in a way that is sustainable and realistic for each individual.

Having trained consistently for over a decade, I understand both what drives progress and what can hold people back, including setbacks, plateaus and training around injuries or limitations. This has shaped my personal training style to prioritise proper technique, intelligent programming and steady progress over quick fixes.

My goal is to help you feel capable and confident in your body, whether that means building strength, improving movement, managing discomfort or simply feeling better in day-to-day life. I believe training should support your life, not compete with it and I'm here to guide and support you at your own pace while helping you move forward with clarity and confidence.

## QUALIFICATIONS

- Certificate III in Fitness
- Certificate IV in Fitness & Personal Training



**YAWA.**  
AQUATIC CENTRE