

JOSH RALLAKIS



SPECIALTIES



SPORTS
PERFORMANCE



WEIGHT
LOSS



STRENGTH &
CONDITIONING



HIIT
TRAINING

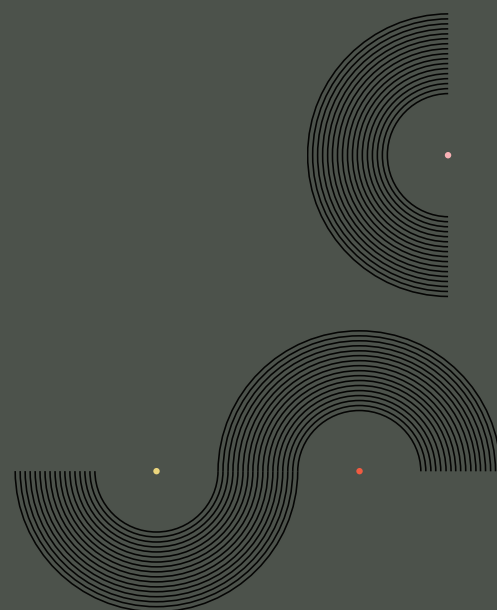
ABOUT ME

I have a strong passion for fitness and sport, with a background in both basketball and AFL. Throughout my life, health and fitness have always been a priority, as staying in top shape is key to excelling in my chosen sports.

I truly believe that fitness is not just about looking good, but about feeling good—mentally and physically. For me, it's about the balance of strength, endurance and wellbeing. Along with my love for sports, I have a deep passion for running and focus most of my exercise on hybrid training, which combines different elements to challenge the body and improve performance.

QUALIFICATIONS

- Certificate III in Fitness
- Certificate IV in Fitness
- Level 1 - Aus Strength & Conditioning Assoc



YAWA.
AQUATIC CENTRE