

# NICK SPERANDIO

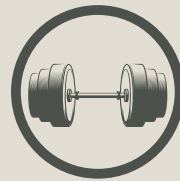
## SPECIALTIES



FLEXIBILITY  
& MOBILITY



WEIGHT  
LOSS



RESISTANCE  
TRAINING



BODY WEIGHT

## ABOUT ME

I have a passion for all things fitness. My approach to fitness is to encourage sustainable lifestyle habits.

I specialises in resistance training and have a passion for healthy eating.

## QUALIFICATIONS

- Certificate III in Fitness
- Certificate IV in Fitness
- Certificate in Diet & Nutrition