



JARROD RENDELL

PERSONAL TRAINER

PERSONAL PROFILE

Fitness is more than aesthetics- it's a necessity for your mental and physical well-being in order to live a quality life. Fitness has given me purpose and hope when times have been hard, as well as given me the opportunity to surround myself with like-minded individuals. My goal is to help you feel strong mentally and physically in order to be the best version of yourself.

SKILLS

- Hypertrophy/muscle development,
- fat loss,
- Body Recomposition,
- Strength Training,

COMPETENCIES

- Cert III Fitness Instructor
- Cert IV Personal Trainer (In Process)

TRAINING SERVICES

Current:

- Group Classes

2025 Services

- :1 or 2:1 Personal Training,
- Online Personal Training,
- Online and face-to-face personal Training.

CONTACT DETAILS

Address: Power Fit Gym Rockingham

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PERSONAL GOALS

- Build a client community, become the best I can, continue my knowledge in health and fitness, compete in more sports.