



# BRAD TURNBULL

HEAD PERSONAL TRAINER

## PERSONAL PROFILE

I've been passionate about health and fitness for over 30 years. My journey began in 1991 when I first competed in bodybuilding as a teenager and won Teenage Mr. Australia in 1993. This sparked my career as a trainer from 1995 to 2010, during which I earned multiple State titles and placed as runner-up at Mr. Australia in 2002, 2003, and 2006. After stepping away from the industry in 2010, I continued coaching and helping others succeed on stage. In 2022, I was honored with the IFBB Coaches Award. Now, I'm teaming up with Power Fit Gym to bring my results-driven, real-life approach to training. I'll always keep it honest and straightforward.

## SKILLS

- Strength training for muscle growth and endurance
- Bodybuilding competition prep and training
- Troubleshooting nutrition and training for optimal results
- Personalized coaching to help members reach their potential
- Designing custom training programs for all fitness levels
- Ongoing support and motivation to ensure progress
- Teaching proper form, technique, and injury prevention
- Tailoring nutrition strategies to support performance
- Adjusting training plans to overcome plateaus
- Guiding clients through mental and physical challenges for long-term success

## COMPETENCIES

- Diploma in fitness
- Certificate of nutrition
- Sport nutrition
- Remedial massage

## TRAINING SERVICES

- 1on 1 training
- Training programming
- Nutrition guidance with eating plan
- Group training
- Free gym seminars on training/nutrition

## CONTACT DETAILS

Address: Power Fit Gym Rockingham  
Phone: 08 9527 6165  
Email: [info@powerfitgym.com.au](mailto:info@powerfitgym.com.au)

## PERSONAL GOALS

- Give back to the community
- Share with others my knowledge on achieving better health
- Leave a positive influence on others



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