



HEALTH CLUB

ROB EID



Qualifications:

Certificate 111 in Fitness

Certificate IV in Fitness

Diploma in Fitness

Diploma in Remedial Massage

Experience:

Armed Forces Personal Trainer 6 years

Trained NSW Police Service & US Navy Seals

Trained with NRL Clubs-North Qld Cowboys & Canterbury Bulldogs

Specialties

Strength Training

Specific Fitness Testing

**(includes Police, Defence,
Fire, Admission Tests)**

Quotable Quote

"Train smart not hard"