



HEALTH CLUB

Sean Law



Qualifications:

Bachelor of Human Movement

Bachelor of Management in Sports exercise

Level 2 Strength & Conditioning Coach

Level 1 Sports Trainer

Cert.3 in Fitness –Cert 4 in Personal Training

Experience

5 years gym experience with general & special populations

4 years strength & conditioning with West Tigers RLFC, Eastwood Rugby Club & Sydney Roosters RLFC

Specialties

Strength & Conditioning

Quotable Quote

“Those who do not find time for exercise will have to find time for illness”

Lord Derby