



HUDSYN HILL

SPECIALTIES



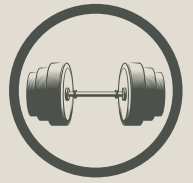
SPORTS
PERFORMANCE



WEIGHT
LOSS



STRENGTH &
CONDITIONING



RESISTANCE
TRAINING

ABOUT ME

With a deep passion for health and physical development, I am committed to helping individuals reach their goals and unlock their full potential.

I specialize in one-on-one strength and resistance training, cardio and fitness coaching, and group fitness. My focus is on providing guidance and support throughout your journey, holding you accountable and motivating you to improve each day.

I bring a wealth of experience from the world of sports and fitness, having competed at a high level in both AFL and basketball throughout my life. Fitness and physical development have always been central to my performance and consistency, and I am dedicated to sharing that with others.

QUALIFICATIONS

- Certificate III in Fitness
- Certificate IV in Fitness

