

MAX CAIRNS



SPECIALTIES



SPORTS
PERFORMANCE



WEIGHT
LOSS



STRENGTH &
CONDITIONING



REHAB

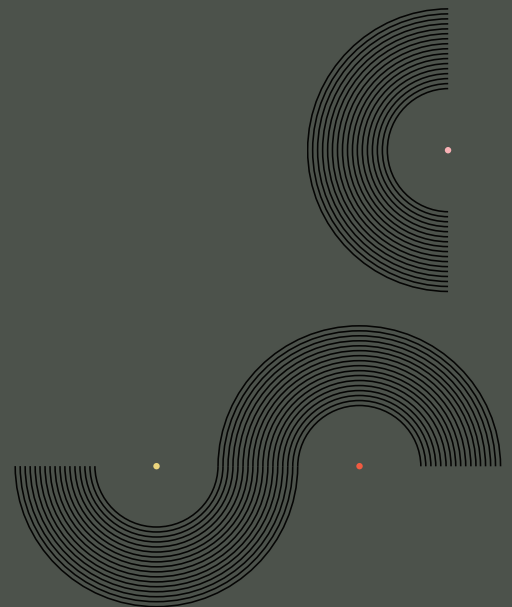
ABOUT ME

As a recent university graduate with a strong foundation in human anatomy and the mechanics of the body, I bring a comprehensive understanding of health and fitness to my clients. My experience spans both clinical and general fitness sectors, allowing me to effectively work with a diverse range of clients. I have guided many individuals to exceed their fitness goals and sustain long-term health, always fostering a positive and motivating environment in every session.

Currently, I captain the Mornington Breakers Senior Men's Basketball team and have a lifelong passion for sports. Having trained in the gym since I was 16, I've gained valuable insights through both successes and challenges, learning what it truly takes to achieve your fitness goals.

QUALIFICATIONS

- Bachelor of Exercise Science
- Bachelor of Sports Management
- Certificate III in Fitness
- Certificate IV in Fitness



YAWA.
AQUATIC CENTRE