

CHARLIE ROBERTS

QUALIFICATIONS

- Certificate IV Fitness
- Certificate III Fitness

AREAS OF EXPERTISE

- Fat Loss
- Muscle Gain
- Kickboxing

BIO

Having transformed my own lifestyle, mindset and body over the years I can relate to people that are at a point in their life where they are looking to make change.

I've had great success with clients goals of fat loss and muscle gain. As a triathlete I know how to monitor beginner to high level runners and cyclists based off heart rate data and a raft of different metrics.

I used to fight competitively in Muay Thai (Thai kickboxing) and now am triathlete that races some what competitively over the Ironman 70.3 distance. My own training under the supervision of a coach is upwards of 20 hours a week.

I have a huge focus on mental health in my approach to coaching and knowing when to push some one I'm training and also when they need a break.

Factoring in mental and physical stress into one's programming is how I believe you reach your potential goals.



Favourite food

Pizza is my all-time favourite food, along with a good burger and for dessert it would have to be baked cheesecake.

Top workout tip?

Consistency, consistency and more consistency!

What's your next fitness goal?

Breaking 4.5hrs in an Ironman 70.3 (1.9km swim, 90km bike and 21km run).