



**PERSONALISED TRAINING
SYSTEMS**



Dan Eacock

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Qualifications:

- Diploma In Exercise Prescription NZIS
- Certificate In Personal Training NZIS

Focusing on:

- Group sessions
- Muscle toning/cardio
- Weight Loss
- Mass Gain
- Strength Training
- Rehabilitation
- Boxing
- Nutritional advice

Additional:

- TRX training sessions
- Kettle Bell training
- Swimming sessions



www.gleninnespool.co.nz
(09) 527 3260