



**PERSONALISED TRAINING
SYSTEMS**



Mike Bishop

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***“You only get out
what you put in...”***

Qualifications:

- AUT Advanced Fitness Training Diploma
- AUT Personal Training Certificate
- First Aid Qualified
- REPS Registered
- Personal Training since 2005

Focusing on:

- Weight Loss
- Muscle Toning
- Rehabilitation work
- Strength and conditioning
- Sports specific training



www.gleninnespool.co.nz

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