

ABOUT ME

Your Journey, Your Results Online Fitness Coaching



Born and bred in Kaitaia, I moved to Auckland to join the Royal New Zealand Navy as a chef, where I spent 7 years honing my culinary skills. During that time, I also achieved my Personal Training qualifications (NZHIF Level 3 and 4), blending my passion for health and fitness with my dedication to excellence. Since leaving the Navy in 2022, I've gained experience as an F45 coach, a one-on-one personal trainer at Jetts, and even stepped on stage to compete in two ICN bodybuilding competitions, earning placings in every category. As a proud father of two and a loving partner, I bring discipline, balance, and dedication to everything I do. My unique combination of skills and experience allows me to provide tailored fitness coaching that empowers you to reach your goals and unlock your full potential.

WHY YOU SHOULD PICK ME



Clients should choose me because I genuinely care about your journey and believe in creating a program tailored to you, your goals, your lifestyle, and your challenges. My brand stands for empowerment, consistency, and results that last. It's not just about losing weight or gaining muscle; it's about building confidence, resilience, and habits that transform your life beyond the gym.

To me, being an online coach means guiding you every step of the way, providing the tools, support, and knowledge you need to succeed. I'm here to ensure you not only see the results you deserve but also feel proud of the person you become through the process. Together, we'll unlock your potential and make your goals a reality!