

# STEFAN MATERAZZO

## QUALIFICATIONS

- Diploma in Fitness
- Diploma in Sports Development

## AREAS OF EXPERTISE

- Strength & Conditioning
- Powerlifting
- Small Group Training
- Weight Loss
- Guiding beginners on their fitness journey
- Hilarious conversations

## BIO

Stefan's fitness journey began 10 years ago when he took a chance to study for health and fitness, that opportunity helped him grow into the trainer he is today.

With over 9 years of personal training experience, Stefan has helped a numerous amount of people achieve their fitness goals, from weight loss to strength building and general fitness.

If you need a motivation boost, beginners guide or want to increase your exercise knowledge, Stefan is the trainer for you.



## What's your favourite movie?

Terminator 2

## Top workout tip?

Utilise proper form over heavy weights.

