

## ***Trainer Biography***

### ***Brett Johnstone***

After being encouraged by the American College of Sports Medicine, Brett qualified himself as a Personal Fitness Trainer and registered as an Elite Trainer in 1994 with the American Council on Exercise.

With over 20 years in the fitness industry, Brett has enjoyed great success in this field and specialises as a 'high performance coach'. Under Brett's guidance, support and commitment, his athlete's have achieved National and International success in such diverse fields as Body Building, Kickboxing, Triathlons and Dance.

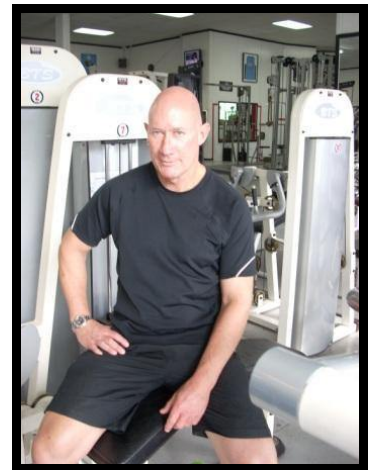
Brett is also one of New Zealand's top Pre and Post Natal Trainers having undergone extensive training with 'The American Fitness Professionals Association' to achieve certification.

As an ex international triathlete, Brett also commits time and energy to his own training and now is an avid body building competitor with both North Island and National Titles under his belt.

Brett skills cover strength conditioning, specific functional movement, core stabilization training, speed and endurance training, hypertrophy training and pre / post natal conditioning and exercise.

For further Information contact Brett:

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#### ***Certifications include:***

Personal Trainer Level 3 Certification  
*New Zealand Institute of Health & Fitness*

Certified Personal Trainer  
*American Council of Exercise*

Post CV Disease Exercise Specialist  
*American Fitness & Professionals Association*

Pre & Post Natal Exercise Specialist  
*American Fitness Professionals Association*

First Aid Certification  
*St Johns New Zealand*