

COLE MORGAN

PERSONAL TRAINER

The only thing stopping you from your goals is the person looking back at you in the mirror. Whether in the gym or in life you always have a choice on where your next step is, so if you aren't achieving those goals maybe you need to take a step in a different direction.

I'd like to help you take your next step in the right direction then work with you on your journey to whatever your goals may be.

EXPERIENCE & QUALIFICATIONS

Personal Training Certificate Level 4
Been in the fitness industry since 2022

Hobbies & Interests:

Rugby, Touch & Basketball.
I love the competitive side of sport
regardless of the code

SPECIALISING IN:

- Personal Training
- Bodybuilding & Muscle Growth
- Strength Training
- Plyometrics Training
- Weight Loss
- Functional Movements



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