

# MATT JARDIOLIN

## PERSONAL TRAINER

I believe environment plays a huge part in determining success. Whether it's life or training at the gym, you'll achieve more if you surround yourself with people who share the same drive and passion as you.

I pride myself in creating individualized experiences for my clients. So whether you're an athlete or simply looking to make your physical and mental well-being a priority, I want to be that person to lean on.

## EXPERIENCE & QUALIFICATIONS

BSc (Sport Science)

Level 4 Certificate in Fitness

Strength & Conditioning Coach for Junior Crusaders & Lincoln University Scholarship Rugby and Basketball Programmes

Been in the fitness industry since 2019

### Hobbies & Interests:

Power Lifting & Crossfit, Snowboarding

## SPECIALISING IN:

- Personal Training
- Sport Specific Strength & Conditioning
- Weight Loss
- Plyometric Training
- Injury Prehab & Rehab



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