



Elite Personal Trainer



David Murphy

Born and raised in New Zealand, David has always been involved in sport, health and fitness. His passion lies in snowboarding, rugby, soccer, and cricket among others. David first started in the fitness industry in 2003 and has since developed into a very successful and experienced personal trainer. He has a proven track record which is reflected in his client's achievements.

Philosophy

HAVE FUN, TRAIN HARD, PLAY HARD

Certifications and Education

- 6 Years experience in Personal Training
- Certificate in Sport Science and Coaching
- Personal Training apprenticeship
- Registered Exercise Professional in NZ and UK & BCRPA
- Certified Personal Trainer
- First Aid and CPR

Additional Training & Qualifications

- Kettlebells
- Boxing
- Powerplate
- Core
- Swissball

Client Specialty Focus

- Conditioning for sports performance
- Ski and Snowboard pre-season conditioning
- Core strength and stability
- Olympic lifting and power training
- Exercise prescription and management
- Personalized Program design

Words of Wisdom "Commitment, Encouragement, Dedication, Motivation, Inspiration= RESULTS"