PARADISE BALI
COACH PROFILE

BRENDAN IS A STRENGTH AND CONDITIONING COACH WITH OVER 16 YEARS EXPERIENCE IN THE FITNESS INDUSTRY AND CROSSFIT AFFILIATE OWNER FOR OVER 12 YEARS.

Co-Owner of Paradise Bali; former Director of CrossFit Territory; Co-Founder of Aussie Meal Prep; and Co-Publisher of Autobiography 'Tia-Clair Toomey, How I Became The Fittest Woman On Earth', Brendan comes from a multi-sport background having competed at State and National level.

Instead of pursuing professional sporting opportunities, he chose to fulfil a desire to serve his country in the Australian Army. With 10 years of military service, Brendan soon realised his gift for teaching and passion for health and fitness. This was the beginning of training the CrossFit methodology and has never looked back.

Brendan has since retired from competitive sport and now focuses on passing his knowledge and experiences through training his athletes.

In 2011, he was selected for the Australian Weightlifting Federation Coach Mentor Program in the lead up to the Delhi Commonwealth Games. He was given the opportunity to work with Australia's top weightlifter, Head Coach and CEO of Australian Weightlifting Federation.

PERSONAL TRAINING

Contact to book:
admin@theparadisebali.com

1 SESSION = IDR 700K
5 SESSIONS = IDR 3.250 MILLION
10 SESSIONS = IDR 6 MILLION

QUALIFICATIONS

- Senior First Aid (Apply First Aid)
- Bronze Medallion
- Certificate III in Fitness
- Certificate IV in Fitness
- Diploma of Fitness
- Certificate IV in Outdoor Recreation
- Licensed CrossFit Affiliate Owner
- Certificate Level One CrossFit Trainer
- Certificate Level Two CrossFit Trainer
- CrossFit Certified Olympic Lifting Coach
- CrossFit Certified Gymnastic Coach
- CrossFit Certified Football Coach
- CrossFit Kids Certified
- Army Physical Training Instructor
- Army Combat Fitness Leader
- Military Self Defence Senior Instructor
- Unit Adventure Training Leader (Army)
- AWF StateWeightlifting / Sports Power Coach 1 Licence
- ASCA Level One Coach in Strength and Conditioning
- ASCA Level Two Coach in Strength and Conditioning
- ASCA Mentor Coach, Assistant Presenter
- AWF State Weightlifting / Sports Power Coach 2 Licence
- AWF Assistant Presenter, Sports Power Coach Level 1 (2012)
- Strength and Conditioning Coach at Hellenic Athletic Soccer Club (2013-2018)
- Current Ochre Card Holder
- PADI Dive Master

SPECIALTY

- New To Gym
- General Fitness
- Weight Loss
- Meal Planning
- Program Writing
- Goal Planning
- Olympic Weightlifting
- CrossFit Competition
- Muscle Building
- Strength Training
- Functional Fitness
- Rehabilitation Injury Recovery
- Sport-Specific Training
- Kids Personal Training (6-15 years)
- Masters Training (60+ years)

ACCOMPLISHMENTS

- Unbeaten Weightlifter in NTWA
- CrossFit Regional 22nd, 27th and 4th place
- CrossFit Open 9th and 4th place, 42nd
- Snatch 140kg , Clean and Jerk 160kg, Jerk 180kg, Deadlift 270kg, Isabel 1:17, Grace 1:20, Fran 2:05, Diane 1:49
- Fittest Man in the NT: 2009, 2010, 2011,2012, 2013 (did not complete), 2014, 2015, (did not complete) 2016.
- Retired from CrossFit, 2017 trained for Commonwealth Games 3 best total in 85kg Class AUS