



A BIT ABOUT ME

I started my journey in the Health and Fitness industry as it's my mission in life to educate and inspire each individual to be their best self. Health and fitness for me covers a lot in our day to day life. I love seeing people take the reins of their life and challenging themselves to become stronger, faster, healthier and mentally stronger. I love training with intention and having lots of fun while doing so because the gym is not a chore! I have played high level sport for WA state AFL, WAFL and state school boys which seen me training and learning from the best in the game for strength, conditioning, endurance and rehabilitation from a young age. I love all things outdoors, physical activity, nutrition, mindset, surfing, camping and anything at the beach.

EDUCATION & TRAINING

- Cert 3 & 4 Fitness
- Certificate Kettlebell Fit
- Certificate Rumble Fit (Boxing)
- Group Fitness
- First Aid

TRAINING INTERESTS

- Strength & Conditioning Training
- Endurance Training
- Muscle building & Weight loss
- Group Fitness
- Functional Training
- Mindset Nutrition



LAUGHLAN

PERSONAL TRAINER
GROUP FITNESS
GYM ADMIN

**" On the other side
of fear, is
GREATNESS "**

GET IN TOUCH

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