



**Name:**

Vladimir Petrovic

**Introduction:**

I am from Croatia and have been in Cork for the past 3 years. I like motorbikes, animals and various activities such as hiking and cycling.

**Favourite Motivational Phrase:**

Hard work always beats talent.

**Education:**

Image Fitness Cork

**Achievements + Professional Development:**

Personal Trainer at Image fitness April 2018 – September 2018. Successfully completed the course in Personal Training and Gym instruction at Image Fitness. I am now a fully qualified trainer with:

- EFQ Level 4 Personal Training
- EFQ Level 3 Group Instruction
- EFQ Level 3 Fitness Instruction
- IFT Group Box workshop
- IFT Studio Cycle workshop
- IFT Suspension Training workshop
- IFT Kettle Bells workshop
- IFT Olympic Lifting workshop
- IFT Sports Team Training workshop
- Nutritional Advice

**Favourite Exercise:**

The Deadlift

**Favourite Class:**

Any type of HIIT training