



JOSHUA SASA-POTOI PERSONAL TRAINER

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“Escape the gym with me!”

I know how hard it can be to get motivated and come to the gym, but I also know how rewarding it feels to follow through on a promise you make to yourself to get fit and healthy. My training approach is about creating an individualised program for you, based on your goals and initial assessment. I’m here to motivate you! By helping you discover the energy, determination and courage you already have.

My Experience

Bachelor of Sport & Exercise Science BSpExSc, TWA Level 4 Certificate in Fitness, 5+ Years practising in the Health & Fitness Industry

Training Style & Favourite Exercise

A Sports Science Degree means I have a broad knowledge base with Functional Training, Strength Training, Fitness Training, Weight-Loss/Toning, Injury Prevention and Nutrition Guidance. My clients range from beginners to High Performance. I enjoy H.I.I.T (High Intensity Interval Training) – the fastest way to burn calories and increase your metabolism. My favourite exercise is Strict Pull-ups. I also like to play around and make up fun core stability exercises because I believe a Strong Core is a Strong Foundation.