

Introduction

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Craig Raymond Founder/Head Trainer of
ELITE LIFESTYLES
Qualifications/Achievements

B.ProfStudies GDipAppFinÂ DipRM DipJournalism Dip in Fitness, Registered Kick Boxing and Boxing Trainer
NSW Police Close Personal Protection Course (body-guard) & Self Defence Instructor (frm) 1990-1995, consistently
ranked top 5 "Worlds Toughest Competitor" Competition, 2006 - Current Pan Pacific Indoor Rowing Champion

Memberships

Australian Traditional Medicine Society, Fitness Australia, Sydney Cricket & Sports Ground Trust

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Fitness has been a big part of my life. Early on this involved both competing individually in surf iron-man and other multi-discipline events to instructing and coaching others on a voluntary basis. I later moved into professional instruction in areas of self defence and fitness with the Police and offering Close Personal Protection to Prime Minister Howard, US Secretary of State Albright, USSR President Gorbachev and other government dignitaries. In 2001 I formed elite and began personal training full-time.

For you the client, there must be confidence in your trainer. Confidence comes from the trainer not only having the required knowledge and education but that they can use this to achieve YOUR goals " since 2001 my client's results and my own achievements show that my methods work and will bring you the results you're looking for.

I understand it's often a daunting decision to turn your life around but the time is now so stop making excuses! I've heard it all "I'm too old and have been unfit for so long I'll never get fit again" OR "You're like all trainers, freaks doing this for years and wouldn't know what its like to start from scratch or get back from some life destroying event". Well let me share something with you!..

In my case, nothing can be further from the truth. Between 1997 and 2000 I let myself go in a big way. I gave up fitness and starting doing all the things that only lead to self destruction. During that three year period I went from 85kg with 10% body fat (BF) to over 100kg and over 40% BF! From being Australia's "Toughest Competitor Alive" in 1995 I now couldn't run up a flight of stairs (& had no desire to even want to), lost my job and was physically and emotionally a shadow of my former self. With a return to fitness being a major factor, I turned it around and soon began this personal training business. Now in 2007 and nearing the age of 40, I am back winning competitions against guys 20 years my junior, love my job and haven't had a sick day in 6 years!

I pride myself on the fantastic results many of my clients have achieved and the role I have played in this great transformation. Changing someone's life for the better and seeing the positives it brings, including the effect it has on those around them brings a reward to any genuine personal trainer that can not be measured. It's the reason we get up at 5.30am every morning!

Whether young or old, male or female, looking at competitive competition or just to maintain general fitness I can help you achieve your true potential.

Craig is Sydney based and presently trains clients at Gold's Gym, Surry Hills, Studio X in Rose Bay and nearby parks and beaches. Craig has also travelled interstate when requested.

Elite's trainer's service clients Australia wide (refer to list of trainers).