

DAN MOLYNEUX

- Brazilian jiu jitsu Medalist
- Cert 3 & 4 in Fitness
- Cert 2 in sport and recreation
- Martial Arts Instructor
- Strength & Conditioning
- Working with children
- First Aid & CPR
- Qualified Personal Trainer
- Qualified group fitness instructor
- Trains in MMA, Muay Thai, Boxing, Judo, Wrestling, Brazilian Jiu Jitsu



FROM DAN:

I've been involved in the sport and fitness industry for about 10 years, training & competing in various sports, from AFL, rugby, basketball, tennis, powerlifting and most recently Muay Thai, Brazilian Jiu-Jitsu and MMA. I have trained with various experienced athletes and coaches such as the likes of Mike Fry, Oliver Olsen, Yann Troubat, 'Jungle' George Monterrosa, UFC's Steve Kennedy and UFC's & Ultimate fighter Champion Jesse Taylor

I previously travelled to Singapore to study sport and fitness on a scholarship and learnt different styles of training and nutrition aspects from different cultures. During this time I got to visit different gyms and watch different athletes from all levels of intermediate to pro athletes.

My passion towards the sport and fitness industry started at very young age and I loved training competing in sports from a community level to state level.

My study in Sport development and Recreation, which I very much enjoyed, led me to work as an assistant coach teaching kids sport and fitness in primary schools. Soon after I went onto studying Cert III & IV in Fitness to further my knowledge. After I finished this course I started working at Live Fitness. This got me to train more of the Martial Arts and Self Defence side of things which grew my passion even further and helped me to create more of a niche and a way to help more people improve their lifestyle, confidence and well being.

Perform What the Average Fear and Success will be Near

DAN MOLYNNEUX

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