



# Jack Sunde

## Personal Trainer

With over a decade of experience as a personal trainer, Jack's commitment to holistic wellness and personal development makes him a valuable asset in achieving your health and fitness goals. Currently completing his master's degree in osteopathic medicine, Jack has extensive knowledge in human biology and over 1,000 hours of experience working with clients who have

complex medical histories.

As a former track and field athlete, Jack understands the importance of enjoying training to achieve goals. He takes a personalised approach to each client, considering their unique needs, goals, and level of experience.

Jack's bespoke training is forward planned to consider diet, recovery, and exercise. His results-driven approach is tailored to each client and delivered with a commitment to excellence.

Whether you are looking to recover from an injury or achieve your fitness goals, Jack is here to help. Contact him today to start your journey towards a healthier, happier you.

### Specialist Areas

- Injury rehab
- Low back, shoulder and neck pain rehab
- Strength and conditioning
- Osteopathic medicine (M.Ost)
- Sports massage
- Managing medically complexed cases