



Roland Herea

Personal Trainer and Nutritional Advisor

Qualifications/Achievements

- Certificate III and IV in Fitness – Certified Personal Trainer
- Completed a course on Sport Nutrition – Sport Nutrition Advisor Website
- Currently Playing First Grade for Parramatta TwoBlues Rugby.
- Selected in the PNG 15's Rugby Side to play in the World Cup Qualifying matches.
 - Selected in the Australian Barbarians Rugby Side in the season 2008 – 2009
 - Selected in the Australian Rugby Sevens 24 men squad for season 2005 – 2006

Specialties

- Healthy Weight Loss
- Body Toning and Defining
- Hypertrophy (Muscle gain, bulking)
- Cardiovascular Training
- Resistance and Strength Training (Weights)
 - Core and Abs Strengthening
 - Flexibility Stretches
 - Plyometric Exercises
- Speed and Agility Exercises
- Sport specific Training (Endurance, Speed, Agility and Explosiveness)

A Bit About Myself

I grew up in a very sporting environment where I participated in almost every sport that you might think of. These upbringings have transformed me to become more competitive and faced any physical challenges in the sporting scene. I am currently playing first grade rugby union for Parramatta TwoBlues in the Sydney Competition and also made representative sides here in NSW, Australia and PNG. Since I started playing rugby union, I have developed and gained definite knowledge on how to maintain my fitness and strength levels in order to cope with the top level of rugby. My great interests and Passion for staying active, fit and healthy has soared tremendously that made me to turn it into a career. Now I am a fully qualified Personal Trainer, I want to change other people's life by practicing fit and healthy lifestyles. My passion is to decrease the escalating obesity and diabetes epidemics in our community. Happy Exercise Everyone!.

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