

# Scott Lawrence

## Credentials

Accredited Exercise Physiologist

BPh.Ed Exercise Prescription & Management (Otago)

BSc Human Nutrition (Otago) (TBC)

PGDip Cardiac Rehabilitation (Auckland)

REPS PT Level

## Key Programming Interests

Cardiac, metabolic and musculoskeletal rehabilitation

Resistance training for muscle gain and fat loss

Sports specific training and testing

Scott enjoys concentrating his efforts on results focused training. He is passionate about working with enthusiastic clients and gains pleasure from driving them to achieve their desired goals.