



PT & Mentoring Support Services Throughout The Sunshine Coast Region

Olly Kaese PT services incorporate Military Specific PT Training protocols from 24+ years previously served in the Australian Defence Force (ADF). These protocols are based on strength and conditioning exercises that focus on movement, activation and adaptation to stress under various PT work loads. Whilst developing and maintaining a positive mindset and achieving personal goals. Olly Kaese PT also provides ongoing peer support roles and guidance - so that you remain on task.

- One on One PT Services
- Group Fitness
- Bootcamp
- Including home visits.



**Call 0434 679 213 and book your
FREE trial session today!**

0434 679 213

okaese9@gmail.com | www.ollykaesept.com.au |  