

ABOUT TAURUS



Steve Roberts is a former athlete, Accredited Exercise Physiologist (AEP), Certified Strength and Conditioning Specialist (CSCS), Health Coach, Speaker, and owner of Taurus Trainer, a sports training, fitness program and on-line service in Toowoomba, Australia.

He trains athletes to get stronger and faster and dedicated men and women to achieve fat loss and HEALTH results using his no bull attitude.

With multiple qualifications in Human Movement, Education, and Conditioning, Steve has 20 years' experience in; exercise and rehabilitation prescription, personal training, strength, and conditioning, team building, elite sport, education, adventure, health promotion and lifestyle management for the mining, oil, and gas sector.

Personal Mantra

"You only get out what you put in!"

CONTACT



TaurusTrainer



srtaurus



taustrainer



taustrainer



+61 439 533 937



srtaurustrainer@gmail.com



www.TaurusTrainer.com