

## **WHY** Fearless Training...

We see a huge need to raise the industry standard and provide a clear and simple road map for those who consistently struggle to achieve their health and physique goals. In a blizzard of confusing misinformation we are the north star that guides people to truthful knowledge that unlocks the skill sets to navigate the storm and move towards the desired outcomes.

## **WHY** Fearless Training...

By communicating this information in an easy to apply and interpret manner, we can arm more people to think critically, whilst creating a culture that inspires real change and empowers others to avoid the pitfalls of fad movements and concepts brought about by the media and industry sharks.

## **WHY** Fearless Training...

Ultimately by evolving the way people look and feel we transform everyday people into everyday superheroes that realise then actualise their true potential. Becoming fearless leaders in all aspects of their lives that has a carryover to all those around them via a monopoly affect.

**Fear Nothing, Achieve Anything.**

**Alex** specialises in helping you establish better relationships with the way you look and feel.

Offering a bespoke coaching experience for those wanting to look, feel and perform better along with improving their overall lifestyle as a whole via protocols that are sustainable, flexible and enjoyable. For the individual simply wanting to improve their body composition to the more serious athlete wanting to take things to the next level in a professional setting.

**Alex is a qualified Sports Exercise Scientist & Accredited Sports Nutritionist.**

## Qualifications:

- Accredited Sports Nutritionist
- Diploma In Sports Science, Recreation & Leadership
- Certificate 3 & 4 In Fitness
- Recomp Certified
- Advanced Nutrition
- Female Specific Training
- CPR & First Aid

## Expertise:

- Nutrition Coaching
- Lean Muscle Gain
- Sustainable Fat Loss
- Physique Enhancement
- Progressive Strength Gain
- Physique & Performance Sports Programming

## What I Actually Help You Achieve:

- Confidence & Mood Boosting
- Look Better Naked
- Become More Attractive
- Maximise Energy Levels
- Feel Happier, Healthier & More Capable
- Feel Stronger & More Powerful
- Move Pain Free
- Achieve More In Life
- Overcome FEAR

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## WHAT...

A bespoke coaching platform that delivers a first class experience via educating and empowering individuals to achieve their health, physique goals and beyond.

## **HOW...**

### **Education x Experience**

Combining over a decade of experience, hundreds of clients and internationally recognised qualifications to ensure you achieve your goals with precision.

### **Bespoke**

Tailor made programming to suit your needs, your abilities and your lifestyle. Sustainable, flexible and enjoyable.

## **HOW...**

### **Expertise**

Leveraging the world's most brilliant minds, tools and techniques to enhance your results in a way that is efficient and effective.

### **Premium Specialists**

A one of a kind feel and experience like no other. We pride ourselves on a distinctive and individual delivery.








# YOUTUBE



# ROAR KNOWLEDGE PODCAST




**ROAR Knowledge Podcast - Fearless Training**  
By Alex Connor

It's always best to start with "WHY" I think you'll agree - My mission is to coach, lead and inspire others whilst providing sound knowledge and quality content which can be applied to achieve better results within a multitude of endeavours. Interviewing some of the industries best to create more value for not only my own following and clientele, but many others who want to actively improve their mind, body and beyond via more intelligent protocols. At the end of the day, Im just a man who loves to talk about his passion, share something valuable and leave a positive footprint.

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# INSTAGRAM



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**Physique/Nutrition Specialist**  
TRAINING. NUTRITION. LIFESTYLE  
💪 Helping You LOOK & FEEL Better Naked  
🧐 I get RESULTS for YOU!  
🦁 Talk To ME 📌  
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