

ALEX JOSIPOVIC

EXERCISE PHYSIOLOGIST



About Me

Alex has been an EP since the start of 2021. Alex has been in the fitness industry dating back to 2018 while he was studying, both in team sport and recreational gyms. Alex's experience also traversed states, where he ran his own business in Adelaide South Australia for 2 years before making the move back to NSW.

Alex has a strong passion for musculoskeletal rehab, metabolic conditions, aged care and high performance sport. Alex has experience in soccer playing for 25 years, with many of those at NPL levels. His background also covers cricket, Olympic Lifting/CrossFit and cycling.

Specialties

- Aged Care
- Musculoskeletal rehabilitation
- High Performance Sport
- Cardiovascular disease
- Metabolic conditions

Mission Statement

Alex's statement is to make each individual feel catered and cared for, ensuring they leave each session feeling better than when they arrived. He enjoys creating connections with clients to get the best out of them in their day to day life.



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