

# FIGHTING FIT

## AUSTRALIA

**Name:** Glenn 'Razor' Azar **Position:** PT, Boxing Trainer and Adventure Leader

**What I love about Fighting Fit:** I have a passion for Boxing and fitness. Fighting Fit gives me the chance to work with motivated people and watch them achieve their goals.

### **Sports played:**

**Previous – Kickboxing** – 54 fights for 49 victories including two state titles. Twice I challenged for the Australian Title and came 2<sup>nd</sup> (I lost 😊).

**Boxing** – I have competed as both an amateur and professional and have also trained both amateur and professional champions over the years.

**Military Skills** – Whilst in the Army I competed in Brigade Obstacle Course and Military Skills competitions as a section member and section commander. In four years our team won twice and placed in the top four in every other event we entered.

**Current** – I still dabble in the boxing ring on occasion although not often. It's just a bit of fun these days.



**Proudest Achievement:** My four kids rate at the top of my list. On a personal level I once ran from Townsville to Brisbane to raise money for SIDS. I am very proud of setting up successful businesses which empower people to do amazing things in Adventure Professionals and Fighting Fit.

**Other Employment:** Served in the Army as an Infantryman, Physical Trainer and later as a Medic and RN specializing in Aero-Medical Evacuation with Black Hawk and Iroquois helicopters.

Currently I enjoy using those skills in leading treks for Adventure Professionals all over the world.

**Qualifications:**

- Registered Nurse.
- Boxing Coach (Professional).
- Certificate 1 in Boxing (Amateur).
- Certificate 3 and 4 in Fitness.
- Adventure Leader

### **Favourite Quotes:**

- Get out of bed each day as if it's on purpose.
- Success is never permanent, Failure is never fatal. It's having a go that counts.
- Choices not chances make Champions.

**Favourite Exercise:** Kettlebell Manmakers

**What do I hope clients get out of training with me?** I hope they enjoy variety, have fun and yet feel challenged in each session. I want people to get results and therefore I want them to leave every session feeling as though they have left all their effort in the gym and yet still be able to say they enjoyed it.

**One sentence that best describes me:** I love life, love a challenge and love interacting with people. I give everything I have to achieving what I want. I enjoy being me.

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