



# STEVE CARPENDALE

**Location:** Auckland

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Steve Carpendale is a dedicated wellness advocate and personal trainer based in Auckland. Born in Gisborne, his passion for health and fitness ignited at a young age. With nearly a decade of coaching experience, Steve specialises in weight loss, strength and conditioning, muscle gain, and enhancing flexibility and mobility.

Steve's diverse background includes team sports, extreme sports, and the arts. This unique combination allows him to creatively understand and address the physical, mental, and mechanical aspects of his clients' well-being. His commitment to helping others is evident in his personalised training approach, aiming to empower individuals to achieve their health goals.

In addition to his fitness expertise, Steve is skilled in photography, video editing, and music, playing instruments such as drums, guitar, and piano. These talents contribute to his holistic approach to wellness, integrating creativity into his training methods.

Steve's dedication to health and wellness makes him a compelling speaker and influencer. His ability to connect with diverse audiences and inspire positive lifestyle changes positions him as an ideal candidate for speaking engagements and wellness advocacy initiatives.

## SKILLS

**Instruments**

Drums, Guitar, Piano

**Other**

Photography, Video Editing

**Singing**

Vocalist

**Sports**

Athletics, BMX, Personal Training, Rock Climbing, Skateboarding, Snowboarding, Surfing, Swimming

