

## **Marcus Flanagan - Bio**

Marcus has been a strength and conditioning coach for almost 20 years.

He had his first experience in the gym as an elite high school basketball player, when the team started lifting weights to help increase athletic performance on the court. He was hooked from that day onwards and Marcus began training every day since.

In his first year out of high school, Marcus began competing in Natural Body Building where he later placed 2nd in Teenage Mr Australia. It was a very success start to a life long passion.

Marcus then competed for the next 7 years and in his final 2 competitions was runner-up Mr South Coast and Mr Sydney in the men's light heavyweight divisions.

Having trained in Brazilian Jiu Jitsu since 2002 Marcus then switched to mixed martial arts. He then trained full time from 2008 and also competed at a professional athlete level in cage fighting. After a serious injury in 2013 Marcus redirected his efforts from professional cage fighting to training and coaching full time.

On any given day Marcus can be seen living his passion, from coaching a 70 year-old to have full mobility and muscle tone to professional athletes maximising their explosive power, or coaching MMA for self defence and to develop new skills.

Having lived and breathed this training lifestyle his whole life, Marcus now wants to share his knowledge and experience to help others achieve their goals in the most safe and direct way.