



ARISTO KIRK NOLAN

AKA. RISSIE

SPORT SCIENTIST

ABOUT ME

I am a Sport Scientist and Sport Massage Therapist at SA Biokinetics.

My training style consist of a variety of scientific training modalities including functional and structural movements based on NSCA principles.

My passion forward is to focus on giving back to the multiple sporting codes that have taught me valued lessons in life, through implementing various training modalities.

These modalities include strength, mobility, flexibility, stability, speed, endurance, pre-habilitation, gymnastics, proprioceptions, rehabilitation, TRE (Tension and Trauma Release Exercise) and cross training.

EDUCATION

-  BSc Honours Sport Science (US)
-  Sport Massage Therapy (ETA)
-  Sport Nutrition Diploma (Shaw Academy)

UNIQUE INTERESTS & SKILLS

-  Sport Science
-  High Performance Training
-  Rugby & Obstacle Course Racing

MOTTO

When the going gets tough, the tough gets going.

