



HABITUAL

STRENGTH & CONDITIONING

WELCOME GUIDE

Everything you need to know to get started with your journey at HSC

habitualstrength.com.au



WELCOME MESSAGE

Meet the director of HSC below
introducing you to HSC

WELCOME VIDEO

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COACHES



JAKE MORGAN



LIANA DEAN



DAVE CLEARY



ERIN WALKER

CORE VALUES

VALUE #1

SEEK CHALLENGES THAT
BUILD RESILIENCE AND
EMPOWER GROWTH



VALUE #2

FOSTER A SENSE OF
INCLUSIVITY AND SAFETY
THROUGH RESPECT AND
HUMILITY



VALUE #3

PRIORITISE SUSTAINABLE
HABITS THAT PROMOTE
BALANCE AND LONGEVITY



VALUE #4

IGNITE A CULTURE OF
EXCITEMENT, GRATITUDE
AND FUN THAT UPLIFTS
OUR COMMUNITY



HSC FACTIONS

FACTIONS VIDEO



RED-Y TO RUMBLE



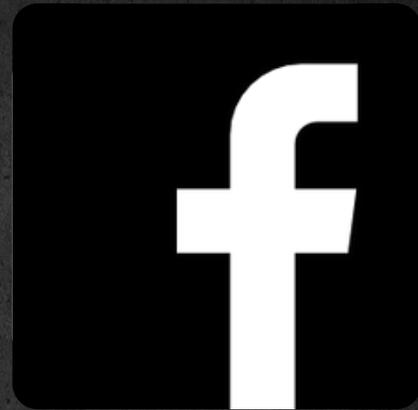
MINT CONDITION



BLUE BALLERS

MEMBERS FACEBOOK PAGE

Upon completion of your introductory membership you will be invited to join our exclusive HSC Members FB Page



HSC COACHING APP

Upon completion of your introductory membership you will be enrolled into the HSC Coaching App

CALORIE CALCULATOR

Click the image to be redirected to our Calorie Calculator

