

Richard Forbat

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OverviewHi, I'm Richard Forbat, Master Trainer, Lifestyle Coach, Fitness & Strength Specialist. With over 20 years experience, fitness and sport has been a major part of my life. I am passionate about utilising the latest practices in health sciences and technology as soon as it becomes known to the fitness industry. As an independent one-on-one fitness consultant, over the years I've trained celebrity clients and athletes in Sydney, London and Los Angeles in multiple gyms including The Sports Club/L

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