SPC Performance Lab

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Company logo

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SPC performance lab have a non-ego training environment where people come to build better versions of themselves. We cater to both recreational and competitive power-lifters, ‘non-ego’ body-builders, general strength training and/or people who just want somewhere to exercise which is not busy and private. SPC performance lab offers online training and in house training for all levels. Owner Paul has extensive theoretical and practical coaching experience. He has completed a Bachelor’s degree in Exercise & Sports Science with First Class Honours, competed and won multiple natural body-building shows, power-lifting competitions and held an Australian power-lifting record.

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