

Cameron Byrnes

Fitness Trainer, Transformation Expert & Keynote Speaker

Cameron Byrnes is the fitness expert for the leading Australian sports store Rebel. He's also a renowned transformation guru and life mentor who has trained superstars including former Spice Girl Mel B, KIIS FM's radio host Jackie O and recording artist Samantha Jade.

Cameron's ability to motivate people has him in demand as a keynote speaker around the world. He is an Ambassador with Medtronic, the world's leading medical device company and he has worked with the Guardian Connect CGM program sharing his diabetes journey, which gives hope and freedom to people who have Type 1 Diabetes. Cameron was asked to speak at Apple on the Apple Watch release and its fitness apps.

Cameron has featured in the lifestyle program, Bringing Sexy Back (Seven Network) alongside Samantha Armytage and Jules Sebastian. He went on to work with other great names like Manu from My Kitchen Rules and funny man Merrick Watts.

During his time as the fitness expert and celebrity transformation expert for Men's Health Magazine Australia, Cameron undertook a six-week training program with former NRL star, Steve Menzies from the Manly Sea Eagles and conducted a series of weekend workout challenges for Men's Health online. Cameron was responsible for Larry Emdur's amazing transformation, which won him the cover of Men's Health Magazine. He featured on the Men's Health USA website and its social media pages, alongside its then international fitness director, BJ Gaddour.

Cameron has trained some of Australia's leading CEO's and executives for companies such as Macquarie Bank and Telstra. He has a successful coaching program that mentors personal trainers globally, lending his extensive knowledge of business, health and fitness in the personal training industry. Cameron also runs an internationally successful online transformation program that has helped people around Australia and the world.

Cameron Byrnes's keynote presentations inspire personal transformation and a positive attitude.



Client Testimonials



Cameron was recognizably a valuable asset to our conferences. He provided inspirational advice in supporting our employees at work and outside of work. He was able to capture the vision of what we were wanted and applied his expertise in delivering a session that was engaging and purposeful to the audience.

Aspire 4 Life

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