
MARCUS BONDI

FITNESS & NUTRITION EXPERT | MEDIA PRESENTER | WORLD RECORD HOLDER



**“Your body is your most precious material possession;
respect and treasure it!”**

- MARCUS BONDI



The Daily Telegraph



Men'sHealth

THE NUMBERS



[INSTAGRAM](#) | 5,506 followers



[YOUTUBE](#) | 11, 065 subscribers



[TWITTER](#) | 1,835 followers



[GOOGLE+](#) | 10, 809 views



[FACEBOOK](#) | 19,793 followers

THE STORY

Marcus is Australia's leading authority on calisthenics, bodyweight strength, physical fitness, nutrition and enjoying a healthy, balanced lifestyle.

In the past 12 months, Marcus Bondi has appeared as a fitness and nutrition expert & Guinness World Record Holder on TV morning shows in Sydney, Tokyo, L.A. & Hawaii as well as on Sunrise 7 and Nine News.

Marcus regularly features as a fitness / nutrition expert in articles for Ultra Fitness Magazine, Body & Soul and is also a 'Dry July' Ambassador.

He is also a regular contributor to Men's Health (USA, Russia & Aust.), Men's Fitness & the Daily Telegraph; writing about his training, lifestyle and nutritional philosophies and programs.

Marcus has recently returned from the World Street Workout Champs in Moscow & World Cup in Norway; where he placed 1st & 17th in the Chin Up & Freestyle comps respectively.

Marcus is sponsored by and an Official Brand Ambassador for Aussie Bodies / Vitaco Protein Bars, SuperBands, Fitness First Gyms, Santa Vittoria Mineral Water and Vittoria Coffee.

Marcus currently holds the Guinness World Record for the 5m rope climb and the 18kg-weighted chin up categories respectively.

He has been training and advising The Biggest Loser (Aust.) trainer Shannan Ponton, Australian Rugby Captain George Gregan and ABC TV legend Adam Spencer.

With a prolific presence on social media, Marcus is recognisable internationally in fitness circles from NYC to Moscow.

Marcus has authored and sells a collection of e-books as well as recommended training equipment on his website.

Prior to becoming a fitness expert, Marcus enjoyed tremendous success in a 15-year advertising career.

Marcus is also trained in the Stanislavsky Method acting techniques.



“The best motivation is life on earth. Living it to the fullest and enjoying every second”

- MARCUS BONDI

www.marcusbondi.com

TO FIND OUT MORE



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“You have to be tenacious. It’s not simply about turning up - it’s about turning up and giving it everything you’ve got to the point of failure”

- MARCUS BONDI

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