

Brit Sooby

Physical Training for Film

Action and Extreme Environments

Born: Perth, Western Australia, April 1973

Degree in Recreation - Edith Cowan University Western Australia '92 - '95

Current Registrations:

Internationally Certified Master Fitness Trainer since 1999
Stott Pilates Matwork and Reformer Qualified
Fitball Australia Accreditation
Senior First Aid
Muay Thai Boxing (Sitnarong Club)
Thai Massage (Wat Po, Thailand)
Swedish Massage
Touch for Health, Levels 1 - 4
Reiki Level 1 & 2
Graded Stunt Performer with over 100 film and television credits.
Director of 'New Leaf Personal Training' 2004-2011
3 Years employment at Fit4Films Gym, Fox Studios Australia
Specialized Training for high altitude & remote area expeditions
(Including personal summits of: Kilimanjaro '04 & Mera Peak, Nepal, '08)

Cast Physical Training/Support for feature film & television productions including:

The Great Gatsby - Carey Mulligan, Tobey Maguire, Leonardo DiCaprio, -
Joel Edgerton and Elizabeth Debicki (Feature Film Aus. 2012)
Additional Clients: Jennifer Maguire, Marcus Mumford & iOTA. (Sydney 2012)
Mad Max: Fury Road - Charlize Theron & Nicholas Hoult (Feature Film Aus. 2010)
The Killer Elite - Yvonne Strahovski (Feature Film Aus. 2010)
All Saints - Mirrah Foulkes (Television Series Aus. 2008 - 09)
Justice League of America - Megan Gale (Feature Film Aus. 2008)
Australia - Lead Cast (Feature Film Aus. 2007)
Racing Stripes - Hayden Panettiere (Feature Film South Africa 2003)
Star Wars Episode 3 - Natalie Portman (Feature Film Aus. 2002)
Matrix Reloaded and Revolutions - Supporting Cast (Feature Film Aus. 2000 - 01)
Pitch Black - Radha Mitchell (Feature Film Aus. 1999)
Komodo - Lead Cast (Feature Film Aus. 1998)
Roar - Heath Ledger (Television Series Aus. 1996-97)

Other Services:

Script breakdown of movement and evaluation of all character specific training required.
Support and physical preparation for any story related action, activity or sport.
Liaising with production to schedule all training sessions and possible fitness related appointments -
chiropractic, massage etc.
Liaising with caterers in regards to the nutritional requirements of the cast.
On-set support for cast - harnessing, muscle release/massage, warm-up and cool-down stretches.
I ensure my client is in peak physical condition for action sequences required of their character
through a combination of resistance training with weights and cables,
Pilates, proprioceptor and balance training, stretching, cardio and nutritional advice.
Confidentiality is assured.

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