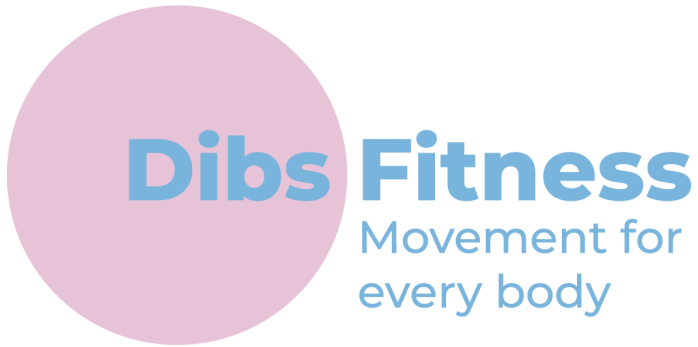


PRESS KIT



MISSION

To make exercise fun, social, holistic, and accessible to all!

VISION

My vision is to empower marginalised people to become strong, resourceful athletes.

ABOUT

G'day! I'm Dibs Barisic Spren and I'm proud to be part of the fitness revolution. I'm a non-binary human of trans experience. I am an activist, certified fitness trainer, occasional podcast guest, sometimes writer, and full time babe.

The mainstream fitness industry is difficult to navigate, full of toxic masculinity, and promotes harmful beauty standards. It's easy to see how gender non conforming people, fat people, disabled people, and people of colour slip through the cracks, or are outright excluded.

Movement feels really good, and helps our bodies and brains, so nobody should feel left out. Thankfully there are many coaches and athletes out there who believe this and are creating positive change. I am one of them.

Social links:

Fb: <https://www.facebook.com/dibspt>

IG: https://www.instagram.com/dibs_pt/?hl=en

TikTok: https://www.tiktok.com/@dibsfitness?is_from_webapp=1&sender_device=pc