



FITNESS COACH

EMY WONG

QUALIFICATIONS

- *Diploma In Physiotherapy*
- *Certified World Muay Thai Pad Workout Level 1*
- *TRX Group Suspension Training GSTC*
- *Certified Master Personal Trainer 2014 (FFMY)*
- *Selected and Completed Future Team Leader Program 2014 (FTL)*
- *Selected and Completed Personal Trainer PRO-GRADE Workshop July 2014*

AIK Institute of Kettlebell

- *AIK Fundamentals of Kettle-Bell Level 1 & 2*
- *AIK Fundamentals of Battling Rope Certifications*
- *AIK Fundamentals of Power Bag Training*
- *AIK Fundamentals of Functional Mobility Level 1*
- *AIK Master Functional Trainer (MFT)*

FIT Singapore Courses

- *Youth Exercise Specialist (July, 2015)*
- *Training Pregnant & Post Partum Client (Aug, 2015)*
- *Nutritional Programming for Physique Athlete (Oct, 2015)*

Les Mills

- *Completed Les Mills Body Combat 68 IMT (July, 2016)*

Occupational First Aid + CPR AED Certified
(Expires on 12 August 2018)

Specialties

- **Weight Loss**
- **Functional Training**
- **Strength and Endurance Conditioning**
- **Cardiovascular Conditioning**
- **Self Myofascial Release Technique**
- **Back Pain Management**
- **Pre and Post Natal Training**
- **Small Group Training**