



# JERRY YAM

## Training Philosophy

Consistency is the key to success

## Qualifications

- Certified IPTA Personal Trainer
- Certified NASM Personal Trainer
- EXOS Performance Specialist
- Animal Flow level one
- HK St.John Ambulance First Aid, CPR & AED Certification

## Training Areas

- General Fitness Development
- Weight Management
- Strength and conditioning

## Personal Interests

Diving

Movie

Kayaking