



KELVIN LAM

Training Philosophy

Change your movement pattern.
Take your first step.

Qualifications

- Certified IPTA Personal Trainer
- Certified IPTA Advanced Stretching
Anatomy & Flexibility Science Specialist
- EXOS Performance Specialist
- First Aid

Training Areas

- General Performance
- Sport Performance
- Mobility Training
- Stretching Anatomy

Personal Interests

Basketball

Wakesurfing