



KENNETH MA

Training Philosophy

Train hard but train smart

Keep consistent and stay hungry
for your target

Qualifications

- Personal trainer certification (**PTA global**)
- Stretching trainer certification (**AASFP**)
- Prenatal & Postnatal trainer certification (**AASFP**)
- GMB method specialist certification (**Gold Medal Body**)
- Performance specialist phase 1 certification (**EXOS**)
- Pain-free performance specialist certification (**PPSC**)
- Stick mobility Level 1 certification (**Stick mobility**)
- Kettlebell certification (**Agatsu**)
- Exxentric box level 1 certification (**Exxentric**)
- TRX certification

Training Areas

- Stretching and myofascial release
- Bodybuilding
- Strength development
- Mobility movement

Personal Interests

Music

Work Out

Movies