



KOOBIE KOO

Training Philosophy

Quit Procrastinating!

Get Moving!

Get Active! Get Fit!

Qualifications

- Hong Kong University Physical Fitness Course Lecturer
- Bronze & Silver Professional Personal Fitness Trainer **IPTFA**
- Certified Level 1 Bodybuilding Coach **HKCBBA**
- Certified Aerobics & Fitness Instructor **IFA**
- Certified Sports Science & Fitness **NASM**
- Certified Kick Boxercise Trainer **ATP**
- Certified Fitball Personal Trainer **ATP**
- Certified Keiser M3 Cycling Instructor
- Certificate in Elementary & Intermediate Sport Climbing Training **HKSCU**
- CHAMPION in 2012 HKFBF Women's Bodybuilding Invitation Championship (52kg or below)
- CHAMPION in 2008, 2009, 2010 HKCBBA Women's Bodybuilding Championships (49kg or below)
- CHAMPION in 2006 HKCBBA Women's Bodybuilding Championships (46kg or below)
- 24th, 25th, 27th Asian Women's Bodybuilding Championship Fly Weight (49kg or below)

Training Areas

- Resistance Training
- Muscle Building, Toning & Shaping
- Sports Specific Training
- Boxing
- Circuit Training, HIIT

Personal Interests

Bodybuilding, Boxing, Rock Climbing, Wave Surfing