



MICHAEL CHENG

Training Philosophy

Exercise is a starting point of a healthy life, not a hope, not a wish, your first session of training will transcend everything

Qualifications

- Certified Personal Trainer (**NASM**)
- Certificate in Exercise Programming for Women (**AUT New Zealand**)
- Certificate in Fitness Instruction (**AUT New Zealand**)
- Certificate in Fitness Foundation (**AUT New Zealand**)
- Certificate in Prescription for Exercise (**AUT New Zealand**)
- Former Strength and Conditioning Coach (**Eastern Long Lions Football Team**)
- Participated competitions of Hong Kong Premier League (**Hong Kong**)
- International Competition Asian Champion League (**ACL**) in season 2017 (**Hong Kong**)

Training Areas

- Weight Management
- Strength Training
- Sports Specific Training

Personal Interests

Basketball, Motorsport