



LONG WONG

Training Philosophy

Quality over Quantity

Qualifications

- Personal Trainer **(ACE)**
- Health Coach **(ACE)**
- Fitness Nutrition Specialist **(ACE)**
- Biomechanics Method Corrective Exercise Specialist **(ACE)**
- PICP Strength and Conditioning Level 1
- PICP Strength and Conditioning Level 2
- Pre-Script Strength and Conditioning Level 1
- Pre-Script Strength and Conditioning Level 2
- Pre-Script Barbell Coach
- Pre-Script Skill Acquisition Coach
- Barbell Rehab Coach
- TPI Golf strength and conditioning specialist Level 1

Training Areas

- Bodybuilding
- Strength training
- Corrective Exercise

Personal Interests

Dragon Boat

Hiking