



ZERO TSANG

Training Philosophy

Train Smart, Play Hard

Qualifications

- Professional Fitness Trainer (**IP TFA**)
- Nutrition and Weight Management (**AASFP**)
- Advanced Level Program (**GMB**)
- Adult CPR & AED Certificate course (**Hong Kong St. John**)

Training Areas

- Weight Management
- Sports Specific Training
- Weightlifting
- Strength Training
- Circuit Training

Personal Interests

Travelling

Hiking

Diving