



MAX WOODWARD

Max Woodward has been a freelance personal trainer and group class instructor for four years. His passion for health and fitness stems from his career as a professional rugby player both in Japan and Hong Kong. He believes in a holistic and balanced approach to fitness, and specialises in fat loss, strength and conditioning, and group classes.

AREA

Fat Loss, Muscle and Strength Development

QUALIFICATIONS

National Strength and Conditioning Association (NSCA)
Certified Personal Trainer

ISAK Anthropometry Level 1

Real Movement Level 1 Coach



CHIVA LAI

Chiva Lai is a fitness enthusiast who has been working as a group and personal trainer for 2 years. She is all about creating an energetic training environment for clients, making exercise programmes fun yet challenging.

AREA

HIIT, Circuit Training, TRX, Corrective Exercise,
Stretch and Conditioning, Weight Loss

QUALIFICATIONS

National Academy of Sports Medicine (NASM)
Certified Personal Trainer

National Academy of Sports Medicine (NASM)
Corrective Exercise Specialist

CRP and AED Certified

International Personal Trainers and Fitness Academy (IPTFA)
Certified Stretch Therapist

GS Kettlebell Level 1 and 2 Certified Coach



MUK VENKATARAMAN

Muk Venkataraman is a 2012 silver medalist at the European Championships of Kettlebell Lifting, and has competed at a professional level for a decade. He travels around Asia and Europe teaching kettlebell training, functional training and fat-loss methods to both fitness industry professionals and the general public.

AREA

Kettlebell Lifting, Functional Training, Nutrition Coaching,
Corrective Exercise Training, Pre-Natal/Post-Natal

QUALIFICATIONS

Poliquin Performance Specialist Level 1 and 2

National Academy of Sports Medicine (NASM)
Corrective Exercise Specialist

Precision Nutrition Level 1 Certified Coach

International Kettlebell Fitness Federation (IKFF) Level 1 and 2

International Kettlebell Sport and Fitness Academy (IKSFA) Sports Coach

WKC Certified Kettlebell Coach



MADI CHU

Madi Chu is a professional sports rehab specialist, whose passion for movement began in her early years in competitive ballet, jazz and contemporary dance. She also has expertise in yoga, Animal Flow and strength training. Her fun and energetic personality will push you both inside and outside the gym.

AREA

Yoga, Primal Movement, Injury Rehabilitation,
Flexibility and Mobility, Strength for Performance

QUALIFICATIONS

BSc Degree in Sports Science

Animal Flow Level 1 and 2

300-hour Fit Flow Fly Yoga

Ace Performance Certified Elite Rehab Trainer

National Academy of Sports Medicine (NASM)
Certified Personal Trainer