



IVAN SUN

Training Philosophy

"No one asked you to stop, except yourself."

Qualifications

- International Certified Personal Trainer **(NASM)**
- Professional Personal Fitness Trainer Certificate **(IPTFA)**
- Stretch Trainer Certificate **(AASP)**
- Coaching Certificate **(HKCBBA)**
- Sports Injury & Prevention Taping Certificate **(GSBE)**
- Personal Trainer Certificate **(WBPF)**
- Mobility Trainer Certificate **(RAD)**
- CPR **(Hong Kong St. John Ambulance)**

Training Areas

- Strength & Conditioning Training
- Body Building
- Weight Management
- Stretching
- Circuit
- HIIT

Personal Interests

Wakesurfing

Outdoor Activities