KENNETH MA

Training Philosophy

Train hard but train smart

Keep consistent and stay hungry
for your target

Achievement

- World Natural Bodybuilding Championship Men's Physique age group 5th place

Qualifications

- Certified functional strength coach (CFSC)
- Kilo Strength coach Level 1 (Kilo Strength Society)
- Pain-free performance specialist certification **(PPSC)**
- Stretching trainer certification **(AASFP)**
- Prenatal & Postnatal trainer certification **(AASFP)**
- Performance specialist phase 1 certification **(EXOS)**
- GMB method specialist certification **(Gold Medal Body)**
- Kettlebell certification **(Agatsu)**
- Stick mobility Level 1 certification
- Exxentric kbox Level 1 certification
- TRX certification

Training Areas

- Stretching and myofascial release
- Fat loss and muscles toning
- Bodybuilding
- Strength development
- Mobility movement

Personal Interests

Music
Movies
Outdoor Activites