NATALIE LI

Training Philosophy

The only one who decides how much you can achieve is YOU

Achievement

- Natural National Championship, World of Monsterzym, Korea 2023
  - Regional 5th place
- Muscle Contest Japan 2023 – Novice 1st place Gold medal | Open 3rd place Bronze medal
- National Physique Committee Worldwide Singapore Showdown 2023 – Novice 2nd place Silver medal | Open 1st place Gold medal

Qualifications

- Bachelor & MPhil of Biomedical Sciences **(Cancer Studies) (HKU)**
- Certified Personal Trainer **(NASM)**
- Corrective Exercise Specialist **(NASM)**
- Women's Coaching Specialist **(GGS)**
- Precision Nutrition Level 1 Certified **(Precision Nutrition)**
- Corrective Exercise Specialist**(NASM)**
- BOSU Balance Training Master Trainer **(Fit-Max)**
- Surge Hydro Training Master Trainer **(Fit-Max)**
- ICG® Indoor Cycling Certified Coach **(Indoor Cycling Group, Germany)**
- ZUMBA® Instructor **(Zumba Fitness, LLC)**
- STRONG by Zumba® Instructor **(Zumba Fitness, LLC)**

Training Areas

- Pre-natal and Post-natal Training
- Weight Management
- Muscle Building / Body Toning
- Balance & Core Training

Personal Interests

Dancing