



# THE FITNESS & WELLNESS GYM @ THE POLO CLUB

## FITNESS IRONMAN TRAINER SG



**LOUIS CHAN – ISSA CERTIFIED MASTER TRAINER  
FOUNDER OF FITNESS IRONMAN TRAINER SG**

**Area of Specialty Training**

**Sports / Fitness Nutritionist**

**Exercise Therapist**

**Bodybuilding – Hypertrophy & Definition**

**Strength & Conditioning**

**Youth Fitness**

**Tactical & Conditioning**

**Athletes Sports Specific**

**ZULKIFLI ABDUL – ACSM, AFPA  
ISSA CERTIFIED TRAINER  
PARTNER OF FITNESS IRONMAN TRAINER SG**

**Area of Specialty Training**

**Sports Rehabilitation**

**Sports Physio**

**Strength & Conditioning**

**Cross Training**

**Kickboxing**

**Strength Training**

**Yoga**



**SENSEI LAI**

**FOUNDER OF KOMBAT & FITNESS ACADEMY**

**Professional Martial Arts Trainer in Karate**

**Martial Discipline**

**Kyokushin Karate (5th Dan Black Belt)**

**Shitoryu Karate (5th Dan Black Belt)**

**Taekwondo (2nd Dan Black Belt - STF)**

**Kobudo (Kenshinryu - Osaka)**

**Self Defence (Army Trainer )**

**Hapkido (1st Dan Black Belt)**

**Wing Chun (Lineage – Randy Williams)**

**Kick Boxing (Club Trainer)**

**Email: [fitrainersg@gmail.com](mailto:fitrainersg@gmail.com) or**

**WhatsApp Louis @9010 6631 or Zulk @9767 0671**



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re writer and joint bookrunner

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IAN LIM - FISAF-certified Personal Trainer,  
Rehab Trainer, Feldenkrais Practitioner

Area of Specialty Training

Rehab Training & Pain Management

General Fitness and Fat Loss

Functional Training

Massage Therapist

Body Awareness & Cognitive Movement Training

KELVIN POH  
MASTER TRAINER, NUTRITION COACH

Area of Specialty Training

Precision Nutrition Level 1 Coach

Master Rehab Trainer

ISSA Certified Personal Trainer

WKC Strength & Conditioning Coach

WKC Sport Coach

Massage Therapist



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GOVINTHAN – FISAF PERSONAL TRAINER

Area of Specialty Training

Weights training

Fat loss program

Bodybuilding – Hypertrophy & Definition

Strength & Conditioning

TRX Trainer

Athlete program

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**MARIE WELLESLEY - ACE Certified Personal Trainer**

**Area of Specialty Training**

**Weight loss**

**Strength & Conditioning**

**High Intensity Interval Training (HIIT)**

**Mobility & Flexibility**

**ZIYAD**  
**Certified Personal Trainer**  
**(Federation of International Sports,**  
**Aerobics and Fitness)**

**Fat and Weight Loss • Flexibility Training •**  
**Endurance and Strength Training • Functional**  
**Core Training • Boxing • Sport-Specific**  
**Training and Conditioning • Pre and post**  
**pregnancy Training**



**ADLY – CERIFIED YOGA INSTRUCTOR**

**Area of Specialty Training**

**Hatha Basics & Intermediate**

**Vinyasa Basics & Intermediate**

**Yin & Yang Yoga**

**Yoga Flow**



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