

## Our Trainers

From left: Founder Daryl, elder son Keith, younger son Kyle & founder Caroline

## DARYL TEO

Founder & Certified Personal Trainer

### Qualifications:

FISAF Certified Personal Trainer (Australia)

FISAF Certified Fitness Leader (Australia)

Certified Fitness Instructor (Singapore Sports Council)

Kickboxing Instructor Foundation Certification

Sport Climbing Certification Level One (Singapore Mountaineering Federation)

Certified Nordic Walk Instructor (Finland)

Free Motion Functional Training Certification (FreeMotion)

Resisted Movement Training (RMT, Fitness First)

Master Trainer Certification for Powerplate Training (In Progress)

CPR & First Aid Certified (Singapore American Safety & Swim Instruction)

### A little about Daryl:

Being a caring dad, Daryl understands the importance of bonding between parents and their children (especially teenagers). He has thus created a fun parent and kids buddy training program to enhance family relationship.

### Specialisations:

Strength Training, Core Stability, Functional Training, Sports Performance and Postural Alignment

### Experiences & Achievements:

Ex-Personal Training supervisor of Planet Fitness, Singapore

Training mentor for new personal Trainers

Setting up of personal training department for new gym branch

Ex Vice-President of Renonsance Chapter, Business Network International (BNI)

CAROLINE TEO

Founder & Certified Personal Trainer/Women Fitness Specialist

Qualifications:

Advanced Certificate in Nutrition & Health (Plaskett College, UK)

NAFTA Certified Group Exercise Instructor (USA)

NAFTA Certified Power Cycling Instructor (USA)

Le Monde Certified Indoor Cycling Instructor (USA)

Les Milles Certified RPM Instructor (Australia)

FISAF Certified Personal Trainer (Australia)

FISAF Tester for Personal Trainer Certification (Australia)

Kickboxing Instructor Foundation Certification

Sport Climbing Certification Level One (Singapore Mountaineering Federation)

Polar Heart Rate Monitor Certification

Nordic Walk Trainer Certification (Finland)

Swedish and Deep Tissue Massage (FIL)

Master Trainer Certification for Powerplate Training

ACE Pre/Post Natal Training Certification

AED/CPR & First Aid Certified (Singapore American Safety & Swim Instruction)

A little about Caroline:

As a mother of 2 boys aged 20 and 18, Caroline specialises in women fitness, pre/post natal, weight loss, rehabilitation, senior program and pram-to-fitness.

She has helped various mums-to-be to work out safely and effectively during their pregnancy and losing baby fats after delivery. Her youngest client is at the age of 10 and oldest being 88.

Specialisations:

Trim & Fit, Women Fitness (Pre/Post Natal & Pram-to-Fitness)

Experiences & Achievements:

Ex-Group Instructor at Airbase gym facilities, USA

Ex-Personal Training Manager of Mega gym, Singapore

Top Personal Trainer, Best Improved Employee



MADELIEN LOW (Maddy)

Certified Personal Trainer

Qualifications:

National Strength & Conditioning Association Certified Personal Trainer (NCSA - USA)

A little about Maddy:

Maddy is a bubbly and dynamic individual who enjoys running outdoor with her Vibram Five Fingers. Over the years, she was given opportunities to aid clientele with long term injuries such as frozen shoulders, reconstructed kneews and several different spinal problems, to achieve their peronal goals. Be assured that if the journey is ever gotten too tough,

she would do within her abilities to pull you through.

Specialisations:

Corrective and strength rehabilitation, fat loss, strength training, sports specific training, trigger point and myofascial release





EMMANUAL TING (Ting)

Certified Personal Trainer

Qualifications:

Basic Exercise Certificate (SSC)

Fitness Instructor Certificate (SSC)

CPR Certification

Specialisations:

Muscle Toning

Muscle Gain

## Weight loss