



**PERSONALISED TRAINING
SYSTEMS**



Qualifications:

- NZCF Certificate in Personal Training 2007
- NZCF Certificate in Fitness Instructing
- REPS Registered Personal Trainer
- First Aid Certified

Po Leng

Focusing on:

Contacts:

021 623 365
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- Weight Loss
- Nutrition and Supplementation Advice
- Strength and Conditioning
- Muay Thai Kickboxing



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