

SIMON CHENG

BCRPA Personal Trainer, BA(c)



"Simon created an effective workout customized to my needs. With a great balance between cardio fitness, and toning exercises I was able to see results within a month. Simon is a great listener and was able to give me a fitness regime that was both challenging, and suited to my fitness level. Simon's workout kept me motivated and I was able to progress toward my fitness goals. He is very professional and knowledgeable and I would highly recommend Simon as a personal trainer."

- Amrita Grewal, Vancouver, BC

Training Philosophy

I have been working in the fitness industry for several years and have developed a passion for training individuals to reach their goals. After acquiring many years of knowledge and experience, I am convinced that I can help you reach your specific goals. In my training routines, I emphasis proper technique, cardiovascular endurance, muscular strength, balance and flexibility. However, each program is planned out differently in order to tailor to your different needs and fitness level. In recent years, I have designed a successful 8-week Weight Loss Program. By the end of the program, I was able to see positive changes in each client. I am hoping that our personal training sessions will be just as rewarding!

Specialties

- Toning and Weight Loss
 - Strength and Bodybuilding
 - Nutritional Consultation
 - Balance and Core Fitness
 - Flexibility Improvement
 - BCRPA Third Age (Older Adults) Fitness
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