

JANUARY 2023

# OPS NEWS

The official business newsletter of Optimum Performance Studio





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**OPTIMUM PERFORMANCE**

**STUDIO**



**ASIA'S PREMIER  
EDUCATION & TRAINING  
FACILITY**



# STAY FIT - STAY HEALTHY WORKOUT FROM HOME



CARDIO | WEIGHTS | RECOVERY | FITNESS | ACCESSORIES  
BUILD YOUR HOME GYM: [WWW.COREFITNESSHK.COM](http://WWW.COREFITNESSHK.COM)



# NASM Articles & Podcasts



*Free!!!*

*Stay*  
**AHEAD**  
*of the game*

As a Certified Personal Trainer it is your responsibility to stay in the KNOW.

The NASM articles published twice weekly, are a very useful resource for any Personal Trainer or fitness enthusiast.



THE NUMBER 1 PERSONAL  
TRAINER CERTIFICATION

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# NASM SELF STUDY

World-Class Education | Personal  
Training | Nutrition | Group Fitness

START YOUR FITNESS  
JOURNEY TODAY

The logo for NASM International, featuring the acronym 'NASM' in a bold, white, sans-serif font with a stylized swoosh above it, and the word 'INTERNATIONAL' in a smaller, white, sans-serif font below it.



# SPORTS INJURIES: THEIR PREVENTION & TREATMENT

The most common sports injuries, how they are preventable and how can they be treated

**TRX**  
&  
**NASM**

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READ THE FULL ARTICLE



# CONTINUING EDUCATION



LEARN  
MORE



# STAY CONNECTED





# FITNESS STUDIO FOR HIRE



IN THE HEART  
OF CENTRAL



STUDIO RENTAL FEES



**GET YOURSELF  
COVERED...**

**INSURANCE**

**FIND OUT MORE**



# **PERFORMANCE LAB**

**FOR ALL THINGS SPORTS AND FITNESS**  
**BROUGHT TO YOU BY OPTIMUM PERFORMANCE STUDIO**

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**COME SAY HELLO**

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**1 ST FLOOR WORLD TRUST TOWER**  
**50 STANLEY STREET CENTRAL**  
**OR CALL US AT - 2868 5170**





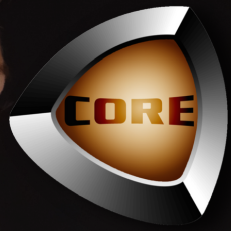
A man in a red t-shirt and black shorts is kneeling on a gym floor, assisting a woman with a dumbbell exercise. The woman is lying on her back on a large black stability ball, holding a dumbbell with both hands. The man is leaning over her, with his hands on her arms, providing support and guidance. The background shows a gym setting with various pieces of equipment and a window. The overall scene is brightly lit, suggesting a professional and energetic environment.

**LIVE  
EDUCATION  
IS BACK**

*You're  
Invited!*



# CONTACT



**OPTIMUM  
PERFORMANCE  
STUDIO**

**TRAIN THE WAY YOU PLAY!**

**1ST - 2ND FLOOR WORLD TRUST TOWER  
50 STANLEY STREET CENTRAL**

**2868 5170**

**INFO@OPSTUDIOHK.COM**

**wa.me/85264792358**

**WWW.OPSTUDIOHK.COM**