

APRIL 2023

OPS NEWS

The official business newsletter of Optimum Performance Studio



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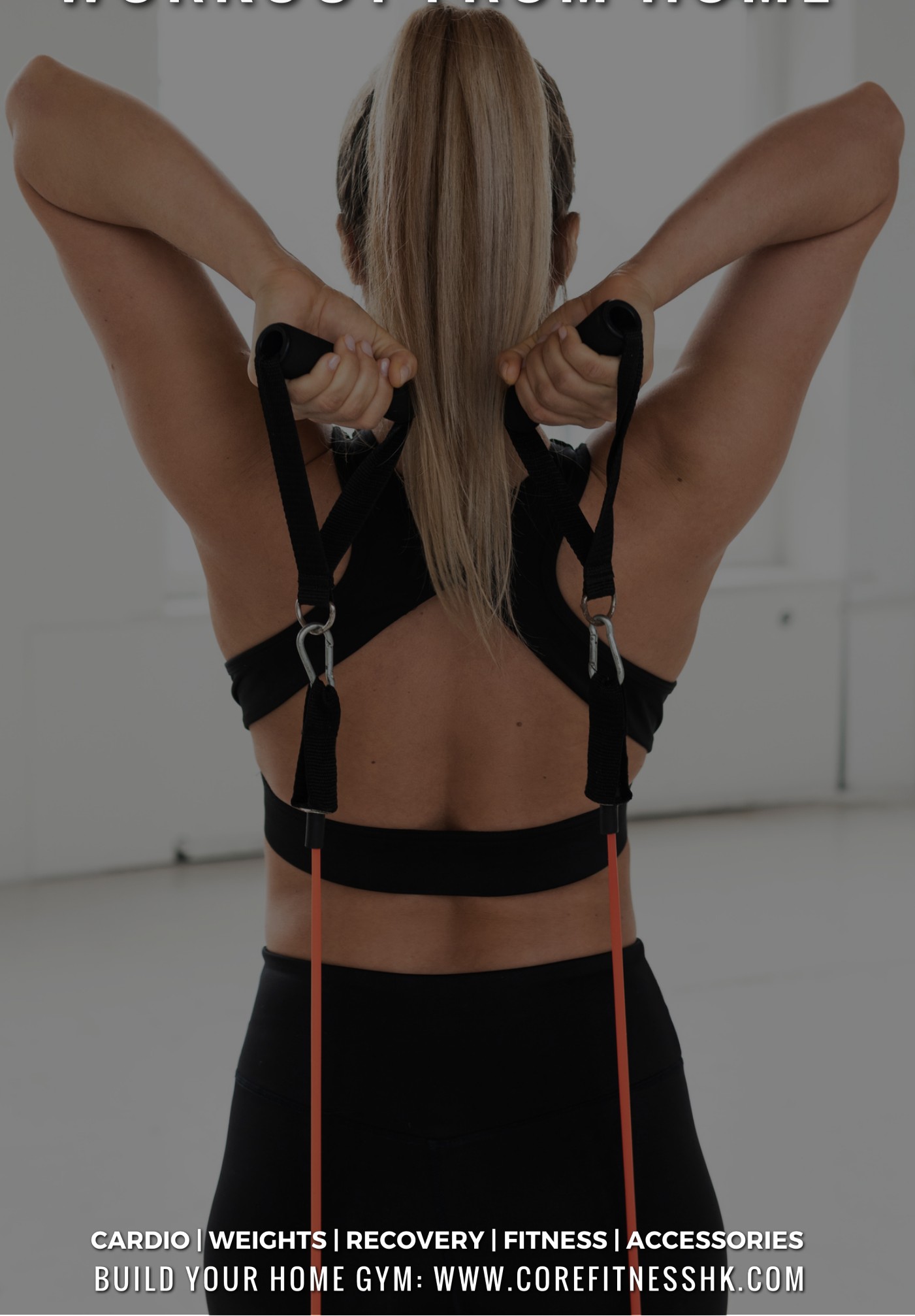
OPTIMUM PERFORMANCE

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

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

NASM SELF STUDY

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

START YOUR FITNESS
JOURNEY TODAY

The logo for NASM International, featuring a stylized swoosh above the text "NASM" and "INTERNATIONAL" below it.**NASM**
INTERNATIONAL



YBELL

30 EXERCISES TO INCREASE YOUR MOBILITY

You've probably heard a lot about the importance of increasing your mobility through mobility training. But what exactly is mobility?

[READ THE FULL ARTICLE](#)

CONTINUING EDUCATION



LEARN
MORE

STAY CONNECTED



FITNESS STUDIO FOR HIRE

OPEN



IN THE HEART
OF CENTRAL



STUDIO RENTAL FEES

**GET YOURSELF
COVERED...**

**FINISH
STRONG**

FIND OUT MORE

PERFORMANCE LAB

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



COME SAY HELLO

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



A photograph of a man in a gym assisting a woman with a leg press exercise. The man is leaning over the woman, who is lying on a red mat and pushing a weighted sled. The background shows a rack of dumbbells. The scene is lit with dramatic, low-key lighting, highlighting the man's arm and the woman's legs.

**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**

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