

OPS

CORE

JUNE 2023

Magazine



OPS CORE

Magazine

CONTENT HIGHLIGHTS

03

Editor's Note

From the editors desk

04

Optimum Performance Studio

The Ultimate Training Facility

10

New Online Education

Check out our newest courses TODAY!

12

Animal Flow Level 3 Certificate

Bookings Now Open

14

AFAA GFI Group Fitness Certificate

Online Courses

16

Live Education

2023 Courses now available

18

NASM Free Articles

Start Reading

20

NASM Bundles

Bundled courses to help your save

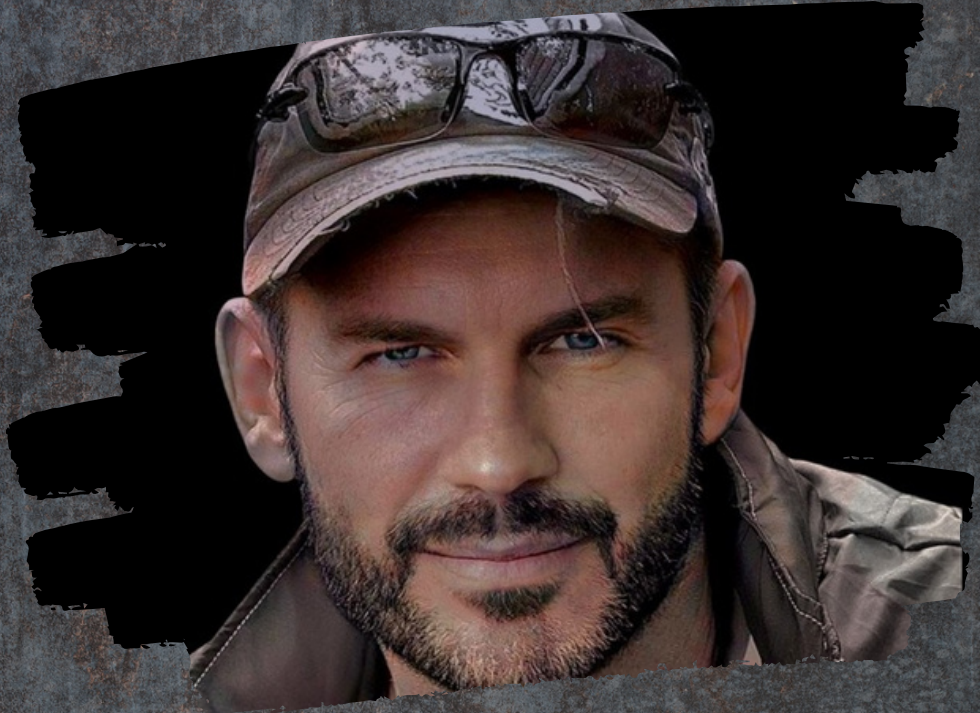
26

Trainer Insurance

Get yourself covered

JUNE 2023

EDITOR'S NOTE



Dear OPS followers.

Welcome to the Summer issue of Core Fitness Magazine. I am bringing you this edition from the my desk in Sydney Australia, just as things are beginning to warm up in Hong Kong, things are getting really cold in the land down under.

I may be a little out of touch with what is happening in Honkers, but I shall do my best to keep you informed on what is happening at Optimum Performance Studio.

I know I always talk about Animal Flow, and this issue is no exception, only because Optimum Performance Studio has been given the green light to bring Animal Flow creator Mike Fitch to Hong Kong for the final stage of your Animal Flow training. So MARK YOUR CALENDARS you will not want to miss this event.

September 23 and 24 Saturday and Sunday.

The other big news is the TRX Summit 2023 coming to you in June.

If you haven't already booked then I suggest you get in quickly. TRX will be brining you TWO BIG DAYS of education training and loads of fun. With international and local presenters, showcasing everything NEW with TRX. These Summits are a great way of bringing trainers together to experience the joy of training, plus you make some really great connections along the way.

Be sure to check out the summit information on our website for [more information](#). Till next time happy training.



**OPTIMUM
PERFORMANCE
STUDIO**

TRAIN THE WAY YOU PLAY!



A person is shown from the side, sitting on a black exercise mat on a wooden floor, performing a leg stretch. They are wearing blue leggings and colorful sneakers. In the background, there are several treadmills in a well-lit gym with large windows. The text 'ASIA'S' is overlaid in the top left corner.

ASIA'S

PREMIER TRAINING AND EDUCATION FACILITY

STUDIO RENTAL

Our dedicated training studios and staff offer an intimate, functionally based training environment, where both client and trainer can benefit from the latest training technologies and equipment, in a fun friendly family environment.



WWW.OPSTUDIOHK.COM



In The **Heart** Of
CENTRAL

WHY CHOOSE NASM?

WHAT IS NASM?

The NASM Certified Personal Trainer, NASM-CPT certification sets the standard in fitness, requiring a comprehensive knowledge of human movement science, functional assessment, and program design. In addition to our NASM-CPT, we offer a progressive career track with advanced specialisation and continuing education courses – which keep our personal trainers at the top of their game.

OUR CORE, YOUR STRENGTH

The NASM-CPT program does more than introduce you to the fundamentals of training. It sets you on the path to becoming a leader in the industry.

At NASM, we want you to succeed. That's why our courses are offered on a variety of formats, including hands-on learning, self directed and self-paced study. The NASM-CPT is one of the most sought after certifications in the personal training industry.

ACCELERATE YOUR CAREER

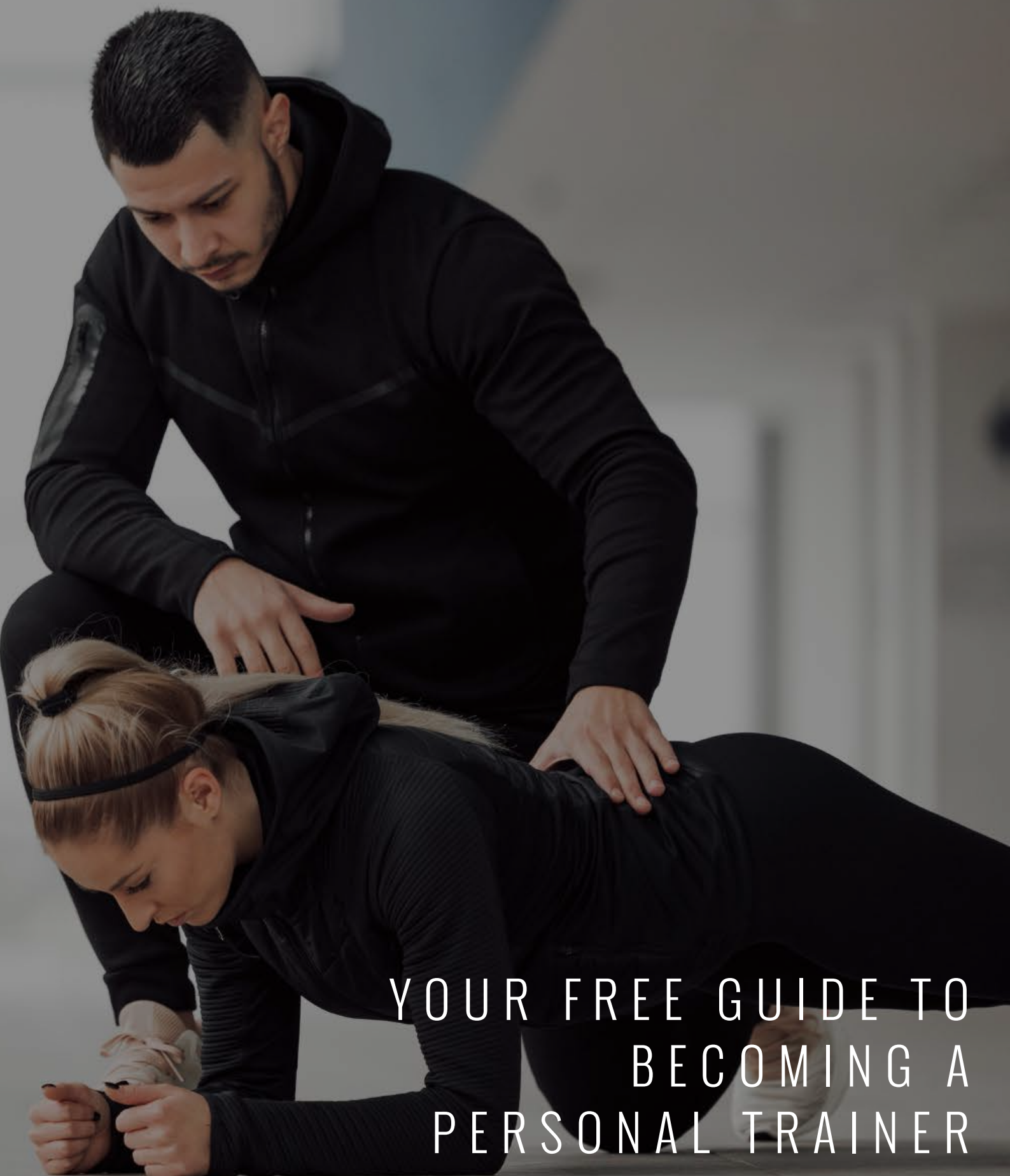
Distinguish yourself from your peers. Gain specialised capabilities, and increase your earning potential.

THE TRAINING MODEL

The OPT™ model sets NASM apart from the rest of the industry. From the beginning, NASM has focused on developing fitness programs based on the latest scientific research, not anecdotal evidence.

That focus on science – facts, not fads – led to the creation of the most rigorously tested system available to fitness professionals today: the proprietary Optimum Performance Training™ (OPT™) model.

The OPT™ model is a systematic training reconditioning and rehabilitation program that covers the entire body through three distinct levels that build one into the next : Stabilisation, Strength and Power.



YOUR FREE GUIDE TO
BECOMING A
PERSONAL TRAINER



THE BRAND NEW TRX ONLINE TRAINING



**DISCOVER
MORE TODAY**

Animal Flow
Level

3

Live
With
Mike Fitch

Animal Flow Creator



A man with short brown hair and a light beard is shown from the chest up. He is wearing a blue V-neck t-shirt with the words "ANIMAL FLOW" in white, distressed, hand-painted lettering. He has extensive tattoos on both arms; his right arm features a large, colorful sleeve tattoo with floral and abstract patterns, while his left arm has a tattoo of Latin text in a cursive script. He is standing against a dark teal background.

SAT-SUN SEPTEMBER 23-24

BOOKINGS ALREADY OPEN FOR
LEVEL 3 LIVE WORKSHOP



CERTIFIED GROUP FITNESS COURSE



ONLINE COURSES AVAILABLE
FIND OUT MORE



LIVE EDUCATION

Doing OUR Best, to Bring you THE Best



LIVE COURSES AVAILABLE
FIND OUT MORE



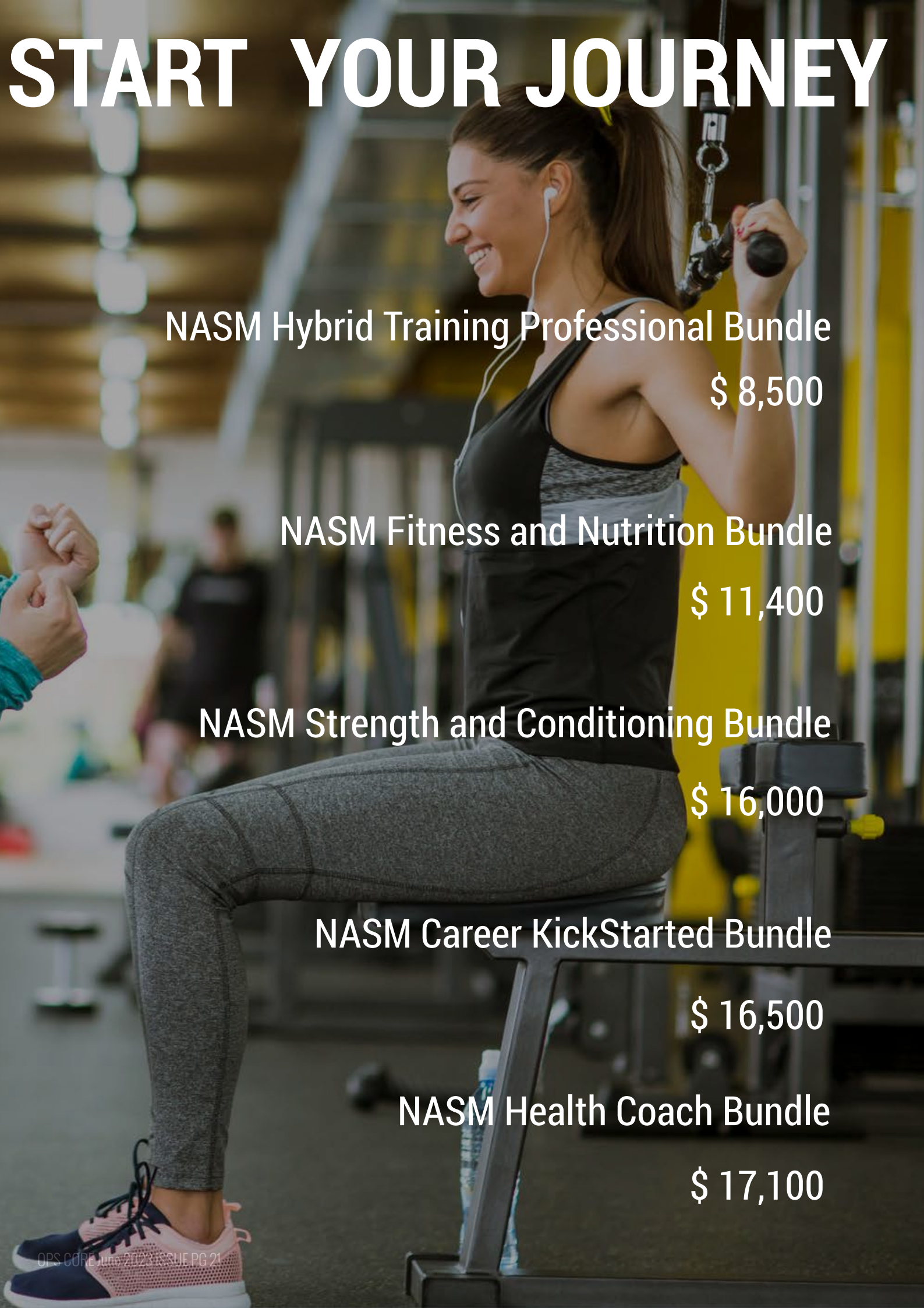
FREE **ARTICLES**

GET YOURS TODAY



NASM PROFESSIONAL FITNESS BUNDLES

START YOUR JOURNEY



NASM Hybrid Training Professional Bundle

\$ 8,500

NASM Fitness and Nutrition Bundle

\$ 11,400

NASM Strength and Conditioning Bundle

\$ 16,000

NASM Career KickStarted Bundle

\$ 16,500

NASM Health Coach Bundle

\$ 17,100

CES

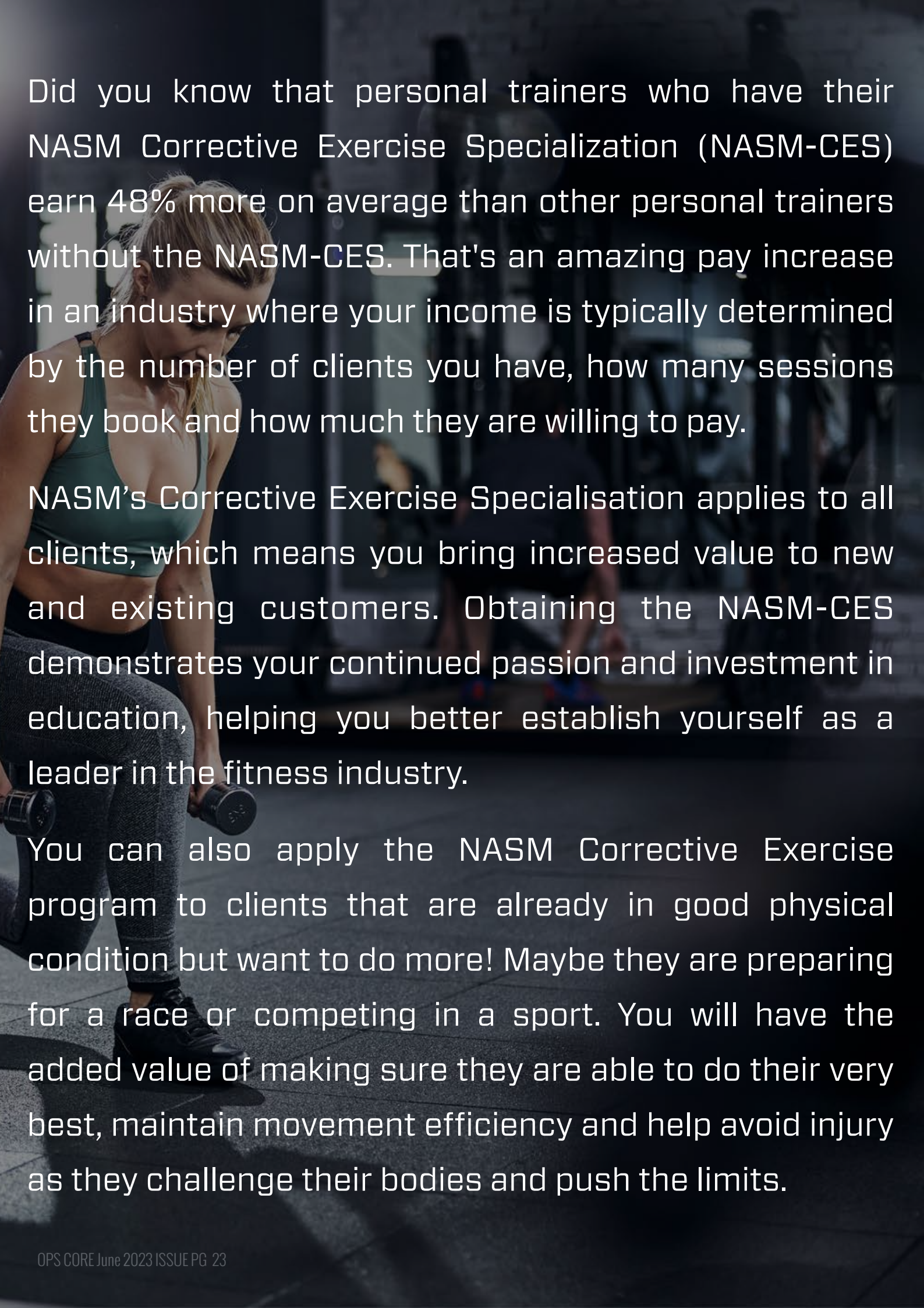


**CORRECTIVE
EXERCISE
SPECIALIZATION**

**ONLINE CERTIFICATION
AVAILABLE**

**BROADEN
YOUR MARKET
EARN MORE
AND KEEP
YOUR CLIENTS**

**COMING
BACK**

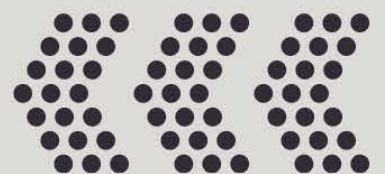
A woman with blonde hair tied back, wearing a green sports bra and grey leggings, is performing a squat with two dumbbells in a gym. She is looking down at the weights. The background is slightly blurred, showing other gym equipment and people.

Did you know that personal trainers who have their NASM Corrective Exercise Specialization (NASM-CES) earn 48% more on average than other personal trainers without the NASM-CES. That's an amazing pay increase in an industry where your income is typically determined by the number of clients you have, how many sessions they book and how much they are willing to pay.

NASM's Corrective Exercise Specialisation applies to all clients, which means you bring increased value to new and existing customers. Obtaining the NASM-CES demonstrates your continued passion and investment in education, helping you better establish yourself as a leader in the fitness industry.

You can also apply the NASM Corrective Exercise program to clients that are already in good physical condition but want to do more! Maybe they are preparing for a race or competing in a sport. You will have the added value of making sure they are able to do their very best, maintain movement efficiency and help avoid injury as they challenge their bodies and push the limits.

BECOME A
SPECIALIST
TRAINER



GROUP PERSONAL TRAINING

LEARN IN YOUR OWN TIME AND
SPECIALISE.

GPT
GROUP PERSONAL TRAINING
SPECIALIZATION

GPT
GROUP PERSONAL TRAINING
SPECIALIZATION

WEIGHT LOSS

LEARN IN YOUR OWN TIME AND
SPECIALISE.

WLS
WEIGHT LOSS
SPECIALIZATION

WLS
WEIGHT LOSS
SPECIALIZATION

MIXED MARTIAL ARTS

LEARN IN YOUR OWN TIME AND
SPECIALISE.

MMA
MIXED MARTIAL ARTS
SPECIALIZATION

MMA
MIXED MARTIAL ARTS
SPECIALIZATION

GOLF FITNESS

LEARN IN YOUR OWN TIME AND
SPECIALISE.

GFS
GOLF FITNESS
SPECIALIZATION

GFS
GOLF FITNESS
SPECIALIZATION

CORRECTIVE EXERCISE

LEARN IN YOUR OWN TIME AND
SPECIALISE.

CES
CORRECTIVE EXERCISE
SPECIALIZATION

CES
CORRECTIVE EXERCISE
SPECIALIZATION

PERFORMANCE ENHANCEMENT

LEARN IN YOUR OWN TIME AND
SPECIALISE.

PES
PERFORMANCE ENHANCEMENT
SPECIALIZATION

PES
PERFORMANCE ENHANCEMENT
SPECIALIZATION

YOUTH EXERCISE

LEARN IN YOUR OWN TIME AND
SPECIALISE.

YES
YOUTH EXERCISE
SPECIALIZATION

YES
YOUTH EXERCISE
SPECIALIZATION

BEHAVIOUR CHANGE

LEARN IN YOUR OWN TIME AND
SPECIALISE.

BCS
BEHAVIOUR CHANGE
SPECIALIZATION

BCS
BEHAVIOUR CHANGE
SPECIALIZATION

SENIOR FITNESS

LEARN IN YOUR OWN TIME AND
SPECIALISE.

SFS
SENIOR FITNESS
SPECIALIZATION

SFS
SENIOR FITNESS
SPECIALIZATION

WOMEN'S FITNESS

LEARN IN YOUR OWN TIME AND
SPECIALISE.

WFS
WOMEN'S FITNESS
SPECIALIZATION

WFS
WOMEN'S FITNESS
SPECIALIZATION



**KEEPING YOU
AND YOUR
CLIENTS SAFE!**

PERSONAL TRAINER INSURANCE



CONTACT



**OPTIMUM
PERFORMANCE
STUDIO**

TRAIN THE WAY YOU PLAY!

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