

KYLE SAW & GRAEME SAW

YOUNG WARRIORS!!!!

Training with Moses Ching & Vincent Ng



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Fitness Factory has helped us go further physically and mentally than ever before, they have made us realize that the improbable is achievable if u really want it.

Training there with our trainers Moses Ching & Vincent Ng has helped us a lot in my (Kyle's) fencing and other activities. Our stamina and strength has increased dramatically, we were able to stay at our peak for longer a period of time compared to before.

Our resistance training programmes were mainly focusing on our core, strengthening the muscles that we need for what we do while maximizing the time and effort altogether. For myself (Kyle), some personal examples was that during my physical fitness test, **I was able to reduce 6 minutes on my 2.4 km run without any running training at all!** Stamina increase in my fencing was clearly visible as well, making my training progress a lot easier.

Without the help from the people at FITNESS FACTORY, we would not be able to excel as we have, thus expressing our greatest gratitude and support!