

Become Stronger And Leaner [LEARN MORE](#)

## OUR TEAM



## ESTABLISHING STANDARDS FOR STRENGTH TRAINING

The Strength Yard aims to promote the development of our Personal Trainers in establishing the best standards possible. For our clients to achieve the best results, our trainers are continuously learning and keeping up to date with the most recent findings in research and strength training practices.

We are grateful that we are about improving people's lives. We believe nurturing a relationship of trust and care is as important as imparting knowledge to our clients during their journey to becoming stronger.

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# JON WEE

 @tsy.brawnyjon

A previous personal trainer in Singapore Sports Council with numerous accolades in powerlifting and bodybuilding.

He is also our resident sports masseuse. Jon's technique is very thorough and can be adapted to each client's needs whether it be deep tissue work, trigger point therapy, fascial and mobilizing techniques and so on.

He has enabled numerous clients to achieve fantastic results via his strong work ethics as well as his ability to help clients in a way that is both easy to understand and complementary with their current needs and circumstances

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# GERALD

 @tsy.geralddddd

With a strong background in competitive strength sports and his qualifications in Sports and Exercise Science, Gerald has a wealth of knowledge to offer his clients whether they are new to Strength Training, or seasoned athletes looking to take their sporting achievements to the next level.

Gerald has an innate ability to connect with his clients. His candid nature allows him to objectively pinpoint flaws and to motivate you to stay the course.

While Gerald isn't at work, you will find Gerald still enriching his life with fitness. He enjoys Brazilian Jiu jitsu as well as Mountain Biking on the weekends.

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# DENSUN

 @tsy.akiralifts

Densun is known for his electrifying energy and passion in the Powerlifting scene. He never fails to show his determination and has unwavering discipline.

Such is his ethos and it shows in both his work and training.

Look no further if you need someone to help provide a sustainable training methodology as he will be by your side encouraging and driving you for progress.

“It’s a constant quest to be the best version of one’s self. Get better everyday!”

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# ALLEN

**@tsy.allenlzw**

A familiar face in the local powerlifting scene, Allen first discovered his interest in Strength training at the age of 17 and has since became his passion.

Do not be fooled by his size as he packs a punch. Being one of our most consistent athlete on our gym floor, he has developed a strong set of skills and methods which is what you need to help you discover the benefits and joys of training and navigate your way to attaining your fitness goals.

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# SYAHMI

@syamrzm

“Compliance is the science”. Syam’s approach to training focuses on what is optimal for real-life individuals, instead of what is optimal within a scientific vacuum.

Syam has helped his clients reach their strength goals by designing effective goal specific training programs.

He truly has an eye for detail. tracking progress with the diligence of an accountant.

He also believes in empowering his clients with the knowledge necessary to take their training to an independent stage, be it working with him purely in an online fashion as well as our hybrid style programming.