

RON ZHAO

MASTER PERSONAL TRAINER

8+ years in the fitness

ISSA Certified Personal Trainer (International Sports Sciences Association)

BOSU Certified Trainer

TRX Certified Trainer

Achievements:

2020/23

Alberta Summer/Winter Natural

Bodybuilding:

Classic Physique Novice –

1st Place

Classic Physique Novice –

2nd Place

Classic Physique B –

4th Place

Bodybuilding Novice –

1st Place

Bodybuilding Open Welterweight

– 1st Place

W
A
L
K
I
N
G

