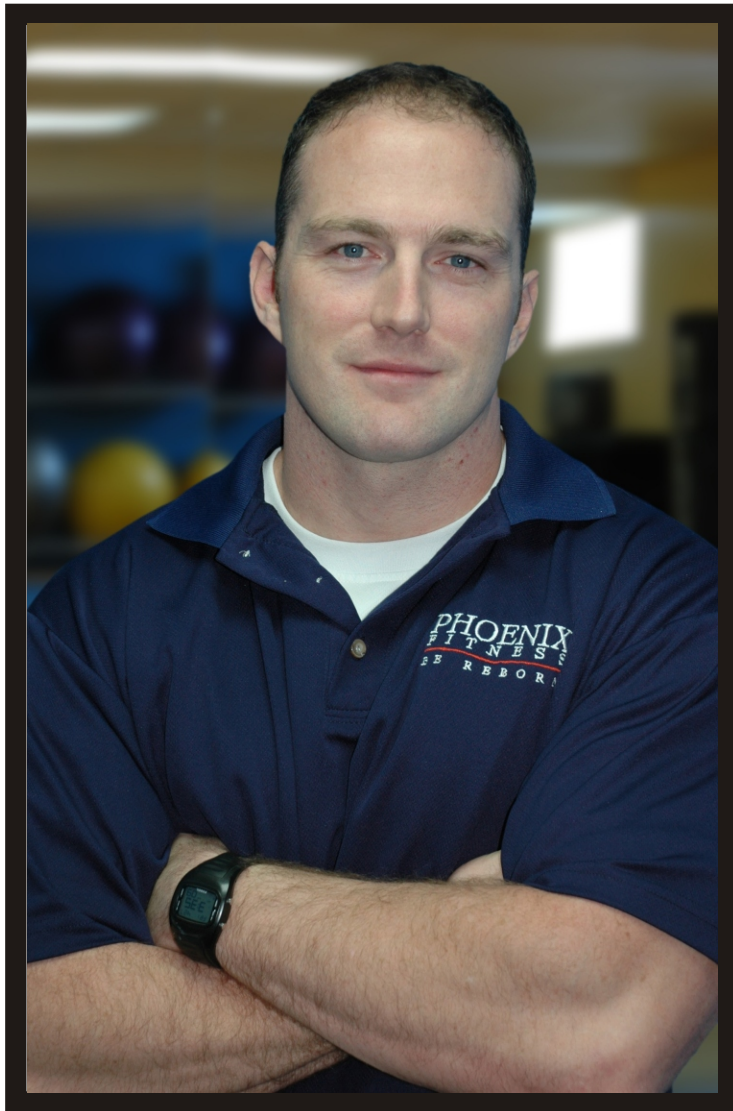


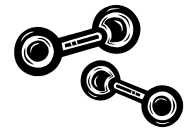
“If it was easy, everybody would already be as lean, fit and strong as they wanted to be!”

~ Murray M.



Experience: Owner of Phoenix Fitness
Fourteen years of Personal Training
Twenty years Training and Advising Provincial,
Collegiate, World & Professional Level Athletes

www.PhoenixFitness.ca
www.SteelCityCrossFit.com
www.RegencyBoxing.ca
www.LoseTheFatForGood.ca
www.FatLossBootCamps.ca



Areas of Expertise: Sport Specific Physical Preparation Coach
Strength and Mass Building
Extreme Fat Loss

Certification: 20 years of real world “in the trenches” experience.
The proof is in the results. Ask my clients :)

Training Characteristics: Adaptable, Focused, Motivating

*“Earn it, own it, be proud of it
and fight like heck to keep it!”*

