

Frequently Asked Questions

Do I need experience to train?

No, you do not! The idea behind a personal trainer is that they teach you everything you need to know about training. As a result, it will help you to build a strong foundation.

How much time do I need to commit to training?

Clients train two to three days a week, minimum, and spend at least two days doing some activity independently. Be mindful that if you train less with a trainer, you will do more by yourself. It may not be easy to motivate yourself over a sustained period.

What do I bring to a training session?

You should bring a good pair of shoes (preferably new or gently used), a water bottle, and a towel. You should also wear comfortable form-fitting clothes if possible, as you don't want loose clothing getting in your way.

What do I do if I have injuries?

A little-known fact is that rehabilitation is one of my specialties. I train people with all types of injuries, from minor to career-ending. I also have a network of physiotherapists, osteopaths, chiropractors, massage therapists, and other bodyworkers in the city.

What are your payment options?

I accept debit, credit, and e-transfer.

Do you offer virtual classes?

No. However, I do offer online training.

Do you provide meal plans?

No. I do offer nutrition advice, and the goal is to teach you how to eat and to make healthier food choices as we create good habits.

Do you also help with nutrition?

Yes, I help guide you on how your nutrition and supplementation choices impact your health and fitness. I will teach you how to make better choices around your lifestyle. I will NOT create nutrition plans or recommend diets.

How long are training sessions?

Training sessions are 1 hour long and comprise warming up, weight training, and post-workout stretching. The structure may vary depending on what training phase a client is in and their needs at the time.

I am new to exercise, is that a problem?

Absolutely not, and I am glad you found me. I will efficiently get your body accustomed to working out while trying to keep it enjoyable.

What kind of equipment do you have?

I have quality equipment from Atlantis, Life Fitness, and other popular brands. The selection includes free weights, benches, mats, balls, bands, Brazilian ankle weights, bars, etc.

How long do you typically work with clients?

No less than six months, unless it is offseason training for athletes.

What kind of exercises do you do?

Strength training following the principles of the late Charles Poliquin. The goal is to increase the proficiency of major lifts, such as squats, deadlifts, bench press, etc. Exercises, equipment, and cadence will depend on your goals and fitness level.

How much does training cost?

Session prices vary depending on commitment, determined by your goals. The longer the commitment to training, the lower the cost per session. Training may cost 1150 - 1600 per month based on training 3x per week.