



DAVID MCCARROLL
Personal Trainer, Level I

Education

- Fitness and Health Promotion – Humber College
- Resistance Training Specialist 123 - RTS
- Personal Training Specialist - CANFITPRO
- Poliquin Level 1 Coach

David approaches training from an esthetic and performance point of view that is both grounded in science and personal experience. And with a background in combative sports, he understands the value and overall feeling of being pushed to the edge, and therefore enjoys doing the same with his clients, yet in a way that is conducive to results while maximizing safety. In addition, he is of the opinion that every person is different, and therefore should be treated as such.

David is not convinced that one training protocol fits all, nor is he of the opinion that all exercises are for every person, but rather, he sees his clients as they are, an individual. Therefore, each need is different for each person, thus, all programs/protocols are uniquely devised to fit the individual(s) needs. Furthermore, training pain free is of the utmost importance.

From the young age of fourteen, David has suffered from recurring back problems, and has since been determined to educate himself on the mechanics of the back, with a goal to both train and live pain free, while passing on his knowledge and expertise to his clients so they can do the same.



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