



## **ERIC BOLS**

### **Personal Trainer, Level II**

### **Education**

- Fitness and Lifestyle Management Diploma – George Brown College
- Certified Personal Trainer & Fitness Consultant – CSEP
- Muscle Activation Technique Jumpstart
- Resistance Training Specialist 123

Eric's lifelong love of sports and helping people brought him to his career in fitness. An honours alumni of George Brown's Fitness & Lifestyle Management program, Eric has recently completed the Muscles Activation Technique (M.A.T.) Jumpstart and Resistance Training Specialist (RTS) certifications. M.A.T. is a therapeutic approach to evaluating and treating muscular imbalances. It helps restore range of motion and body alignment thereby decreasing pain and reducing injury. This modality bridges the gap between training and rehabilitation. RTS main principle is that exercise fits into a functional continuum that represents a specific challenge, adaptation and benefit that must be tailored to each individual. RTS combines advance knowledge of bio-mechanics, anatomy, joint structure and function to allow for strategic exercise progression. This knowledge allows Eric to offer the safest and most effective exercise experience to all his clients.

Eric believes that by learning the basics in human movement anyone can build a strong foundation allowing for more complex and versatile conditioning to be introduced. This strength will then transfer to improvements in all activities. His philosophy is ideal for all levels of training. With a focus on fun and innovative workouts, Eric will design training routines with short and long term attainable goals that will inspire his clients to succeed.



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