



JAMES CUMMINS
ASSISTANT DIRECTOR OF PERSONAL TRAINING
Personal Trainer, Level II

Education

- Bachelor of Business Management – UWO
- Resistance Training Specialist 123
- Muscle Activation Techniques - Jumpstart practitioner
- Certified Strength and Conditioning Specialist – NSCA
- Medical Exercise Specialist - AAHFRP
- Certified Personal Trainer - NSCA

James is a strong believer that exercise is a process, not a program, and it must be constantly adapting to the changing needs of his clients. A thorough understanding of your goals, current abilities, and an evaluation of joint integrity will determine how to start building, or what to add to your foundation for exercise. From here, James will guide you through a progressive and exciting exercise experience that balances fun and education, and never loses sight of your goals.

James is committed to a lifetime of learning, and remains humbled by the complexities of the human body. He is currently studying to be one of only 15 Masters Level Resistance Training Specialists, and one of only 25 Muscle Activation Techniques Specialist in the Country.

James is proud to be a part of a team of true exercise professionals at The Toronto Athletic Club.



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