



**ROB COATES**  
Personal Trainer, Level III

### **Education**

- Fitness and Lifestyle Management – GBC, PT Cert
- Muscle Activation Technique Jumpstart Trainer
- Kinetic Advantage Level 1 Intern
- Sport Performance Institute Level 1

Rob's approach to training is simple: When you have limited time to exercise, you need to utilize what time you have as efficiently as possible. The challenge is preparing the body for the exercises with the highest efficiency in a manner that minimizes any risk and maximizes results. The outcome is a stronger, leaner, healthier body and the ability to move in a manner that minimizes the chances of injury and maximizes the body's ability to stay active. This creates enhanced aesthetics optimal performance and long term health.

