

TAMER SOLIMAN
Personal Trainer, Level II



Education

- Ba Hons Kinesiology, University of Western Ontario
- (MES) Medical Exercise Specialist
- MAT Jumpstart

Tamer is a graduated from the University of Western Ontario with a Bachelor of Arts Honors Kinesiology degree. With 4 years experience in the personal training field, Tamer brings an athletic training background, stemming from varsity sports volunteer work from the University Of Western Ontario. Tamer's personal training skills improved when he began training for a fitness modeling competition in 2005. This experience taught him the discipline and hard work involved in reaching ones exercise goals. Tamer's training methods involves one to stay on top of every aspect of training, including nutrition, proper weight training, and cardiovascular exercise. Tamer likes to design a variety of exercise routines; all with the goal of keeping you motivated.



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