



TYRONE ESTABROOK
Personal Trainer, Level IV

Education

- Graduated from York University with BA in 1998
- Resistance Training Specialist Mastery Level (RTSM)
- Certified Strength and Conditioning Specialist with the NSCA (sport specific conditioning).
- Muscle Activation Techniques (M.A.T.) Jumpstart Certified
- Medical Exercise Specialist certified with The American Academy of Health and Fitness Professionals (post rehabilitative conditioning)

Tyrone approaches fitness as a step oriented process. He will balance the body's muscular system before conventional training for strength and aesthetics will take place. He will map out this process after acknowledging his client's fitness goals and identifying any dysfunction that need to be addressed. Tyrone acknowledges that establishing a clear set of goals is integral to developing his client's commitment to their program. He believes that the client's basic understanding of their training process is also important for those trying to make a long term change to their lifestyle. Consistency and taking an active interest in one's training approach is the key to success.



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