



Adrian Choo

MAT Master Level Specialist

Education and Certifications

- BPHE – University of Toronto
- Certified Kinesiologist - OKA
- Personal Training Specialist – Can Fit Pro
- Muscle Activation Techniques Denver Internship XVI
- Force and the Nervous System – RTS
- Resistance Training Specialist Mastery Level
- Anatomy and Architecture: Dissection of the Myofascial Skeletal System
- Muscle Activation Techniques Master Certification

Adrian practices a biomechanics-based modality called Muscle Activation Techniques. MAT recognizes that as we age the accumulation of stresses and traumas to the body may lead to a progressive weakness of the muscular system. Using MAT, Adrian can identify and address these weak muscles that may be contributing to injury or decreased exercise performance. With his advanced understanding in human anatomy and exercise mechanics, Adrian is able to strategically prescribe exercises that are tailored to your specific needs. Regardless of your current ability, Adrian will offer the most optimal training solutions to help you achieve your goals.

It's not about training harder, it's about training smarter



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