



Blair Larsen

BSc, BScK, CSCS, CEP, MES
Director of Fitness and Personal Training

Education

- BSc Biology 1st division UNB 1997
- BSc Kin 1st division UNB 1999
- Certified Exercise Physiologist (June 1999)
- Certified Strength & Conditioning Specialist (CSCS) May 2000
- Medical Exercise Specialist (MES) May 2003
- Spinning Instructor (JGSI) since 2001
- Core Mat lower extremity course completion May 2002
- Muscle Activation Techniques (MAT) Jumpstart courses. Upper, Lower, and Trunk Modules December 2005
- Level 1 Theory 3M coaching certification June 2004
- On-hill Instructor, Assistant Patrol Leader for the Canadian Ski Patrol System Since 1997
- First Responder (Red Cross) November 1998
- First Aid and CPR Instructor (Red Cross) 2000
- RTS1,2,3 2008

Philosophy

Throughout his life, Blair has been extensively involved in fitness and athletics in both the recreational and competitive levels. This has fostered his desire to help others attain higher levels of fitness and performance. He believes that these goals can be reached through a combination of hard work, desire and fun on the part of both the individual and the fitness professional.

Experience

- Trained varsity swimming and basketball teams in season and off season
- Assisted in training a varsity level and national level swimmer for Olympic trials
- Evaluated potential firefighter recruit's fitness and occupational skills
- Conducted Certified fitness Consultant and Professional Fitness and Lifestyle Consultant courses
- Trained worker's compensation clients with reconditioning for work
- Assisted the graduate and doctoral research at UNB and U of T
- Competed on several varsity and provincial teams including basketball, volleyball, softball, and rowing
- Coached basketball at both the junior high and high school levels
- Completed Ironman Canada 2004 and 2005
- Completed in Ironman Florida 2007
- Placed second in 4 person team category in the Storm the Trent (October 2004)
- Placed third overall for the 2006 Subaru Triathlon Series 30-34 age group
- Consultant for the Globe and Mail Fitness and Health Column.

**PERSONAL
TRAINING**

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