



Kevin Locke

NSCA - CPT, MES, NWS

Education:

- Pre - Service Fire & Emergency Program
- Humber College
- National Strength & Conditioning Association
- Certified Personal Trainer
- Medical Exercise Specialist
- Nutrition & Wellness Specialist

Philosophy

Kevin believes that fitness is a lifestyle that should be embodied by all and that just about any goal is possible if it is approached in an intelligent and committed manner. One cannot simply go through the motions to get where they want, attendance is simply not enough. As much as exercise is a physical activity, we have to be present mentally and understand that the object is not lifting weight, it is contraction against resistance.

With the experience that he has gained as a result of pursuing his own fitness goals and multiple nationally recognized certifications, he can effectively implement his own concepts and beliefs to help you reach your goals.

Isolation, contraction, range of motion and constant resistance are the back bone of any successful training program. Kevin will strive to ensure you understand these principles to not only get the most out of your training now, but in the long run as well.

Kevin believes that anything can be accomplished. His ambition and inspiration stem from the realization that determination and will power are not qualities one is born with, they are choices - and choosing is the first step.

**PERSONAL
TRAINING**

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