



Stephen McKenzie

BSc, BA , Personal Trainer

Education

BSc- Bio-chemistry University of Guelph

BA- Performance music University of Guelph

Philosophy

Stephen's philosophy is to maximize results and minimize time in the gym by focusing on multi-joint exercises and always changing elements in the workout to make sure the body constantly has to adapt.

Experience

- Sudbury amateur bodybuilding champ 1983(only 1 competition)
- Ontario boxing champion 132lb 1985
- Black belt- Go Ju Ryu karate 1989-98 (seven years training 2 years teaching)Oriental Arts Academy Sudbury
- Power-lifting 1998 to present.
 - 8 time provincial champion
 - 5 time national power-lifting champion.
- Attended world power-lifting championships 4times, highest placing of 6th in 2000 at the Osaka world championships in Japan
- Silver medal at Pan-Am championships in Chicago in 2002

**PERSONAL
TRAINING**

www.adelaideclub.com
cambridge group of clubs

Contact Mary Ann Lee,
Assistant Director of Personal Training,
at 416.367.9957 ext. 155 or
personaltraining@adelaideclub.com
for more information.