

# Amir Rasinlic



## Certifications

- Bachelor of Education (B.Ed.) Grade 4-12 – UWO
- Bachelor of Arts in Psychology – UWO
- Poliquin International Certification Program  
PICP Level 1: Regional Coach
- Upper Body Structural Body Assessment  
This assessment will expose a range of limitations in the upper body. An appropriate strength training program will be prescribed to strengthen those weaknesses and maximize joint integrity and overall strength of movement.
- Precision Nutrition Coach (To be Completed September 2010)
- SWIS Exercise Muscle Testing Certification Lower Body Level 1-Dr. Kinakin
- Certified Personal Trainer Level 1 and 2- Sports Performance Institute (SPI)
- Certified in Exercise Technique- Sport Performance Institute (SPI)
- Course Conductor Fitness Kickboxing Canada- CanFitPro approved CEC's
- Can Fit Pro Certification Course
- Level 1 Coach-National Coaching Certification Program (NCCP)
- Level 2 Boxing Coach- Boxing Ontario
- Level 1 Kickboxing Coach-Canadian Association of Amateur Sport Kickboxing
- Cardiopulmonary Resuscitation Certification (CPR)

## Continuing Education

- Dr. Stuart McGill – Building the Ultimate Back: from rehabilitation to performance (Toronto, ON)
- Darby Training Systems-CanFitPro Stretch Basics Certification
- Darby Training Systems-CanFitPro Training for Optimal Back Health

## Interests

Some of my hobbies include trying new programs every 4-6 weeks. I enjoy continuously taking courses for interest and to help better serve my clients. On weekend, enjoy spending time with loved ones traveling, trying new restaurants and taking in the occasional concert or sporting event. I have a passion for golf and enjoy watching or participating in boxing/kickboxing training.

## Training Philosophy

“Be realistic, practical, and patient with your goals.  
Stay committed and always keep the courage  
to trust the process. Overall, have fun with your  
health and fitness.”

