

Trainer Bio

Jason Cantin

Train smarter. Move better.

Motto: Build a body that supports your life.

Areas of Expertise:

1. Athletic Performance & Sport-Specific Training Strength & conditioning, power development, injury prevention, and performance optimization for athletes across all levels.

2. Corrective Exercise, Mobility & Movement Quality Postural correction, biomechanics, mobility training, and restoring proper movement patterns to reduce pain and improve function and quality of life.

3. Rehab-Based Strength Training & Pain-Informed Programming Bridging rehab and performance using clinical reasoning, kinesiology, and manual therapy principles to train safely and effectively.

Certifications:

- BSc in Kinesiology/Minor in Psychology
- National Strength and Conditioning Association - Certified Personal Trainer (NSCA-CPT)
- Registered Massage Therapist (RMT)
- Advanced knowledge in:
 - Corrective Exercise
 - Myofascial Techniques
 - Trigger Point Therapy
 - Functional Movement Training
 - Injury Prevention & Recovery-Based Programming

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