



DARRYL ROSE BIO

The Short Version

Darryl Rose is a personal trainer and stretch therapist specializing in health and fitness of women over 40 years of age. He has trained with industry leaders such as Tom Myers, Chris and Ann Frederick and the late Charles R. Poliquin. When not working, Darryl enjoys building Lego, downshifting his Subaru in tunnels and unwinding with video games.

The Longer-ish Version

Darryl Rose continues to devote a considerable amount of time to continuing his education, learning techniques from industry leaders to develop the fitness level of his clients and to achieve fast and sustainable weight-loss.

Having faced similar fitness and weight-loss challenges himself, Darryl has empathy with his clients' challenges and has a good understanding of how to reach their goals.

He transformed his body several times. He has gone from a soft and squishy 198 lbs (like no muscle mass) during his university years to a lean and mean 155 lbs (ripped) during his time as a competitive rock climber. He has now settled at a comfortable 201 lbs (beefy).

With his infectious laugh, eagerness to learn and through his personal experiences Darryl became the most sought-after personal trainer at his time at GoodLife Fitness (Mount Pleasant).

Darryl's passion for helping others led him to publish a monthly physical newsletter that was produced free to GoodLife members.



It became quite a popular source of information, which peaked the interest of GoodLife head office.

After leaving GoodLife, Darryl branded his training services as “Darryl Rose Fitness”. He has worked with over 100 clients over the past decade resulting in an improved quality of life for them.

Darryl will challenge, inspire and empower clients to push harder than they ever thought possible to get them the results they will be proud of.

Darryl grew up in the suburbs of Mississauga and now lives in Toronto with his wife, Oz.

Still a kid at heart, while not working Darryl enjoys building Lego, unwinding with video games and downshifting his Subaru in tunnels.

How I Stay Current, Up to Date (and ahead of the competition)

- **Atlantis Strength Summit** - Atlantis - June 2018 (Laval, QC)
- **Anatomy Trains In Structure and Function** - Tom Myers - February 2018 (Honolulu, HI)
- **Anatomy Trains** - Structural Essentials Arches & Legs - Tom Myers - February 2018 (Honolulu, HI)
- **Source Performance** - Hypertrophy Bootcamp - Miloš Šarčev - January 2018 (Scottsdale, AZ)
- **Anatomy Trains** - Kinesis Myofascial Integration Mentorship - Hilary Boucher - June 2017 (Toronto, ON)
- **Anatomy Trains** - Fascial Dissection - February 2017 (Tempe, AZ)



- **IDEA Health and Fitness Association** - Cutting Edge Training Methodology for Achieving Optimal Body Composition - Charles R. Poliquin - July 2016 (Los Angeles, CA)
- **Kinetic Chain Enhancement** -Pressing and Chin-ups Module - Charles R. Poliquin - May 2016 (Toronto, ON)
- **Bio Print Level 2** - Charles R. Poliquin - February 2016 (Toronto, ON)
- **SWIS Symposium** - November 2015 (Mississauga, ON)
- **iNutrition** – Clean Health Fitness Institute - August 2015 (Toronto, ON)
- **Kinetic Chain Enhancement** - Charles R. Poliquin - Squat and Deadlift Module - May 2015 (Toronto, ON)
- **Fundamentals of Program Design** - Charles R. Poliquin - April 2015 (Phoenix, AZ)
- **Fast Forward** – Net Profit Explosion - December 2014 (Toronto, ON)
- **Heart Wise Exercise** - November 2014 (Toronto, ON)
- **Fascial Abrasion Techniques** - The Functional Intergrated Therapy Institute – Dr. Mark Scappaticci - July 2014 (Toronto,ON)
- **Move Special Topics** - Alan Aragon - July 2014 (Toronto, ON)
- **BioSignature Modulation** - Poliquin Group - October 2013 (Toronto,ON)
- **Poliquin International Certification Program** Level 3 – Poliquin Group - September 2013 (Providence, RI)
- **Varbanov Olympic Lifting** Instructor Level 1 - May 2013 (Toronto,ON)



- **Fascial Stretch Therapy** Upper Body Level 1 - Stretch to Win Institute - November 2011 (Toronto, ON)
- **Fascial Stretch Therapy** Lower Body Level 1 - Stretch to Win Institute - May 2011 (Toronto, ON)
- **Kettlebell Instructor Level 1** - Agatsu - November 2010 (Toronto, ON)
- **Optimal Back Health** - Darby Training Systems - September 2010 (Toronto, ON)
- **GoodLife Personal Trainer Institute** - August 2010 (Toronto, ON)