

# Hi, I'm McKenna

## PERSONAL TRAINER

With over a decade of personal training experience across Canada, I bring a diverse background in strength and conditioning, occupational fitness, and sport-specific training.

After completing my studies in Ontario—and earning an OCAA Gold Medal in rugby—I launched my coaching career. My early work focused on helping everyday individuals regain strength, build confidence, and shed unwanted body fat through sustainable, effective training.

I later moved to the East Coast to work on a military base, where my role centered on assessments, testing, and performance preparation. I coached individuals through programs designed to help them pass annual occupational tests as well as advanced selection standards including CJIRU, CSOR, Firefighter, JFT2, and SAR Tech. During this time, I achieved a Platinum Level on the FORCE test myself.

Now based in Alberta, I've worked with a variety of youth sports teams—baseball, hockey, and basketball—designing age-appropriate, complementary strength and mobility programs for both in-season and off-season development.

Currently, I'm focused on refining my programming and continuing to develop my own weightlifting totals, bringing that same commitment to growth and performance to every athlete and client I work with.

NCCP COACH

FITNESS & HEALTH  
DIPLOMA



REGISTERED  
EXERCISE & HEALTH  
PRACTITIONER

### AREAS OF INTEREST



Sports Conditioning



Strength Training



Mobility



Resistance  
Training



Conditioning



First Responder  
Military

### PERSONAL TRAINING PACKAGES

Please email [mckennatinney@gmail.com](mailto:mckennatinney@gmail.com)  
for information on client packages and pricing.