

About Marco

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During my 8 years as a soldier with the German Military that I gained the most vigorous and intense training experience. As a paratrooper with the elite German Forces I received extreme, focused, and highly specialized training

Over a period of 5 years (2000 to 2005) I participated in what is known as the 'Death March', a 100km ultra-endurance run held annually in Bornem, Belgium. I achieved my personal best in 2004, completing the run in 11 hours and 22 minutes. In addition, I twice participated in the 2 x 40km road march hosted in Bern, Switzerland.

My fitness and training background includes ten years of participation in track and field, with the later half strongly focused on decathlon events.

I have studied in Germany with the BSA Akademie and hold certifications in health, nutrition, cardio fitness, and rehabilitation, this rare training background has provided the platform from which I can create extremely unique and exceptionally effective programs for my clients.

My Approach:

Because no two people are alike, neither are their workouts. I will strategically develop a program that is specific to you and you only. My mission is to see my clients achieve their exercise and fitness goals as effectively and as fast as is possible. Each training session is maximized by the attention I pay to unique individual needs, to movement efficiency,

and to exercise safety. I optimize my client's time by continuously tailoring and adapting their workouts. As they progress and adapt, so too do their workout routines. In doing this I eliminate the concept of "hitting the plateau". My clients will always see improvement.

The positive results I have experienced from my years of training have inspired me to help others. I want you to achieve the healthy, energetic, and fulfilling life that you deserve. The time is now. Contact Xceller8ed today so I can get you started on the road to fitness success.

Personal Trainer Toronto