

JON BULA

MSC. BHK, CSCS, PFLC

OWNER

PERSONAL TRAINER, ATHLETE STRENGTH
& CONDITIONING SPECIALIST

ACCOMPLISHMENTS

- Trans Portugal Garmin 2011
- Ironman Canada 2008, 2010
- Whistler Gran Fondo 2010, 2011
- MOMAR (Mind Over Mountain Adventure Race) 2007, 2008, 2009
- Numerous ½ Ironman races
- BC Bike Race 2009, 2011
- Masters of Science Degree specializing in Exercise Physiology
- Bachelor of Human Kinetics Degree
- Completed the 2003 Knee Knacker Trail Run
- Finished 2004, 2005 Sea2Summit Shore2Shore adventure race
- Finished 2005, 2006 Sea2Summit Whistler adventure race
- Finished 2006 Sea2Summit Panorama adventure race
- Finished 2005, 2006 Test of Metal x-country mountain bike race
- Poster presentation at ACSM annual general meeting 2003, 2004
- Co-author and author of one research paper and two abstracts in MSSE journal
- Various magazine article publications
- Creative and Technical Consultant for 'Get Strong 101' DVD
- Head Strength and Conditioning consultant for Making the Cut 'Last Man Standing'
- Action Schools BC fitness consultant and presenter