



Mark Coates,
BSc Kinesiology,
TPI Certified Golf Fitness Pro,
Professional Training Coach
www.mypypeline.com/

About Mark

Mark Coates has a BSc in Kinesiology and is one of Western Canada's only [Titleist Performance Institute](#) Certified Golf Fitness Professionals. In the seven years he has spent as a professional training coach, Mark has led athletes of all levels to their destinations in many different disciplines, including half and full marathons, Olympic and Ironman distance triathlons, single and multi-day adventure races, and road and mountain bike races ranging from single to seven day stage events.

Mark has now turned his attention to improving the performance and the longevity of golfers with his cutting edge approach to golf conditioning. The TPI formula is simple – screen players to identify what physical limitations they have, and use corrective exercise prescription to break down the swing faults that these create. This results in a program that is specific to both the golfers physical needs, and to the game of golf. Mark has partnered up with the Green Room with the vision of creating the most comprehensive golf performance enhancement facility in the country. After seeing how successful the TPI facility was at helping the top touring professionals in the U.S.A., Mark was determined to find a way to provide the same services for Canadian golfers. The combination of the Green Room's top level equipment fitting and second to none teaching technology pairs perfectly with his approach to golf fitness – it provides the missing piece of the puzzle in the realization of this vision.

Over the past three years he has worked closely with Canadian tour player Lindsay Bernekavitch and many of the players and golf pros at the Point Grey and Marine drive golf clubs. Mark has logged hundreds of hours training, screening, and designing conditioning programs for local golfers. You can catch his golf conditioning tips on Global in their weekday morning news hour. Mark has also taken his passion a step further – he has authored a number of golf conditioning programs and is bringing them to the global golf and fitness communities via www.MyPypeline.com/. Now golfers that do not have access to a TPI certified golf fitness pro can enjoy the benefits of his performance enhancing golf conditioning programs.