



STRENGTH AND
CONDITIONING COACH

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Strength and Conditioning Coach Tommy Europe

Best known as the tough love television host of the hugely popular fitness shows “The Last 10 Pounds Bootcamp”, Tommy Europe is a published author, speaker and Canada's most recognized and sought -after fitness coach. Tommy earned his fitness credentials in the school of very hard knocks – as a Professional football player. An 11-year veteran, Tommy was a two-time all-star defensive back in the Canadian Football League, playing with the Montreal Alouettes, Winnipeg Blue Bomber and BC Lions. His football career included winning the Grey Cup in 1994, earning a shot in the NFL with the New Orleans Saints, and being inducted into the BC Sports Hall of Fame.

Following his football career, Tommy started his fitness company: TE Fitness. As a strength & conditioning fitness specialist, Tommy has trained many celebrities including Joel Kinnaman, Josh Duhamel, Morena Baccarin, Tom Ellis, Katie Cassidy, Ed Skrein, KaDee Behr, Colton Haynes, Lesley-Ann Brandt, and more.

To Film & TV Productions,

Thank you for checking into my site, if you're looking for the perfect strength and conditioning coach for your production. I am very interested in this position, and have a lot of experience in this field.

I'm an active [actor and stunt performer](#), so I am very familiar with the demands that film requires. I'm also comfortable working with leads who have intense filming and stunt training schedules.

I'm currently working intensely with [Joel Kinnaman](#) from the Netflix show "Altered Carbon" to get him ready for camera, and then to keep him strong throughout the production.

I'm also the current strength and conditioning coach for Fox's series "Lucifer", and work very extensively with their lead character Tom Ellis. I've worked with Tom since Season 1 of the show.

On the film Deadpool, I successfully trained the two leads, Morena Baccarin and Ed Skrein, who had very rigorous filming/stunt/training schedules.

I've also had the opportunity to train lead actors Josh Duhamel, KaDee Behr, Katie Cassidy, DB Woodside, Lesley-Ann Brandt, and many more.

My training methods are very unique, stemming from my background as a professional football player, and stunt trainer. I focus on a full-body training approach, incorporating a variety of different training tools (including body weight). Every client/situation is different, as every actor/production has different wants and needs.

To add to my 1-on-1 sessions, I also incorporate an online training platform, where I can always be in sync with my actors and their constantly changing schedules. I am very well known as someone who gets results! I have a vast training network of professionals in the health & fitness fields including dietitians & nutritionists, massage therapists, chiropractors, yoga instructors, etc.

Once we get started, I will set you up with my online training platform, making it easy to schedule our sessions, message me, and have workouts ready for you anytime you need them. We will also figure out when & where we'll train; we will discuss the options, and work them into what works best for you and your schedule.

I welcome the opportunity to answer any questions you may have. I'm looking forward to working with your team, and can't wait to get started!



Tommy

QUICK FACTS

- Over 25 years of experience in the sports & fitness industry
- [11yr Professional Football Career](#)
- [14yrs in Film & TV as an actor & stunt performer](#)

LEAD ACTORS TRAINED BY TOMMY

CURRENT

Joel Kinnaman - Takeshi "**Altered Carbon**"

Tom Ellis – Lucifer Morningstar on "**Lucifer**"

Ian Cusick - Marcus Kane on "**The 100**"

PAST

Josh Duhamel - Adam Rogers "**This is your Death**"

Morena Baccarin – Vanessa in "**Deadpool**"

KaDee Behr – Linda in "**Shut Eye**"

Ed Skrein – "Ajax" In "**Deadpool**"

Lesley-Ann Brandt – Maze on "**Lucifer**"

Rupert Evans – Frank in "**The Man in the High Castle**"

Katie Cassidy – [Laurel Lance](#) / [Black Canary](#) on "**Arrow**"

Luke Kleintank – Joe Blake "**The Man in the High Castle**"

Colton Haynes – Roy "**Arrow**"

Max Schneider - Charlie Prince "**Rags**"

Austin P. McKenzie - Young Cleve Jones "**When We Rise**"

Rufus Sewell - John Smith "**The Man in the High Castle**"

Leven Rambin – Clarisse "**Percy Jackson: Sea of Monsters**"

WHAT PRODUCTIONS ARE SAYING...

When one of the stars of our series needed fast results, multiple sources suggested we turn to trainer Tommy Europe. Tommy worked quickly and efficiently to transform our actor on a deadline.

He also was able to recommend a great nutritionist and the two communicated well with each other to achieve great results. I could not recommend Tommy Europe more highly; he was a pleasure to work with and extraordinarily effective. And, our actor loved him too!

Bruce Cohen - Executive Producer

I loved Tommy's infectious enthusiasm and wide knowledge of systems of training. I have worked with many personal trainers but he got me in the best aesthetic shape of my life - with a lower body fat percentage and increased muscle mass - but most importantly for the nature of my job, he got me in the best functional shape of my life.

Ed Skrein – Actor - Deadpool

We were extremely fortunate to be able to use Tommy Europe's personal training services on our production of Deadpool. Tommy was a consummate professional, who worked with our cast members Morena Baccarin and Ed Skrein. He helped them get into great physical condition to be prepared for our challenging production, and kept them in tremendous condition throughout our shoot. Thanks to his work with them, both actors were able to give outstanding performances. We look forward to using Tommy's highly valuable services on our future projects.

Thane Watkins - Associate Producer - "Deadpool"

While in production this year, I trained with Tommy over the course of 5 months. I've worked with several trainers over the years & was thrilled to find such a great match in Tommy. His approach is functional & effective. It meets the client exactly where they are... for their fitness level & understanding some days they are exhausted from their filming schedule. Tommy's approach is fun & no joke. I always left a session feeling stronger & energized. It was never predictable, which is rare. I found with consistency, results were immediate. Flexibility in scheduling & a connected approach are also unique in training with Tommy. You're fortunate to have the opportunity to work with him.

KaDee Strickland– Leading Actress