

CARMEN DIGES



Carmen has 15 years of professional coaching, teaching and presenting in the fitness industry. She helps clients at all levels achieve their goals: athletes, weekend warriors, “mere” mortals, coaches and instructors. She is one of 2 Canadian Master Instructors on the Spinning® team. As such, she travels throughout North America certifying instructors and presenting on a variety of topics related to indoor cycling, heart rate, periodization, etc. She is also a member, coach and presenter on the international Spinpower® Master Instructor team. In that capacity and as owner of her own business, PinstripeMystic, she presents at fitness conferences throughout North America on cutting edge topics particularly focusing on the science of performance, applied energy systems and training with power. She has developed a number of training programs and lecture series for instructors, recreational and competitive athletes. She balances science with holistic practices and is a certified personal trainer, group fitness instructor, Pilates instructor and is currently studying holistic life coaching through the Chek Institute.

When she’s not wearing her coaching hat, she is usually sporting a time trial or cycling helmet and has been road racing in North America since 2005. She is most proud of her double podiums (3rd) and (1st) respectively, in the Pennsylvania State and Ontario Time Trial Championships and her double podium (3rd and 1st) at the GP de Charlevoix.