

# HARSHA BOLISETTY

CERTIFIED PERSONAL TRAINER

TIER 1



MY GOAL AS  
YOUR TRAINER IS  
TO TEACH YOU TO  
BREAK YOUR  
BARRIERS, AND  
EXPLORE NEW  
HEIGHTS

## Training Philosophy

Fitness is different for every person and finding what it is that makes you successful and passionate about being active is key. As your trainer I will push you to find what barriers are holding you back and provide you tools, guidance, and support to help you surpass them. Given my past experiences with aquatic sports and working with clients in various environments including rehab therapy, injury recovery, sports conditioning, and athletic performance, I have learned how to integrate targeted variety into my programs. I enjoy working with clients at any stage of their fitness goal, and I now hope to join you on your journey to improving your mind, body, and quality of life.

## Experience

Health Fitness Specialist- Since 2018

Chiropractic Therapy Clinic Assistant- San Jose

Group Fitness Instructor- Since 2018

Aquatics Instructor- Since 2015

## Certifications

- ACSM Certified Exercise Physiologist
- EXOS Fitness Specialist
- AHA CPR/AED Certified

## Education

- B.S. in Exercise Science, University of Pittsburgh

## Interests

Playing water polo, basketball, swimming, spending time with friends and family, music, video games, working out, watching tv shows, snowboarding, and hiking.



SAN MATEO  
ATHLETIC CLUB  
AT  
COLLEGE OF SAN MATEO

PROVIDING THE  
EXOS  
EXPERIENCE



MINDSET



NUTRITION



MOVEMENT



RECOVERY