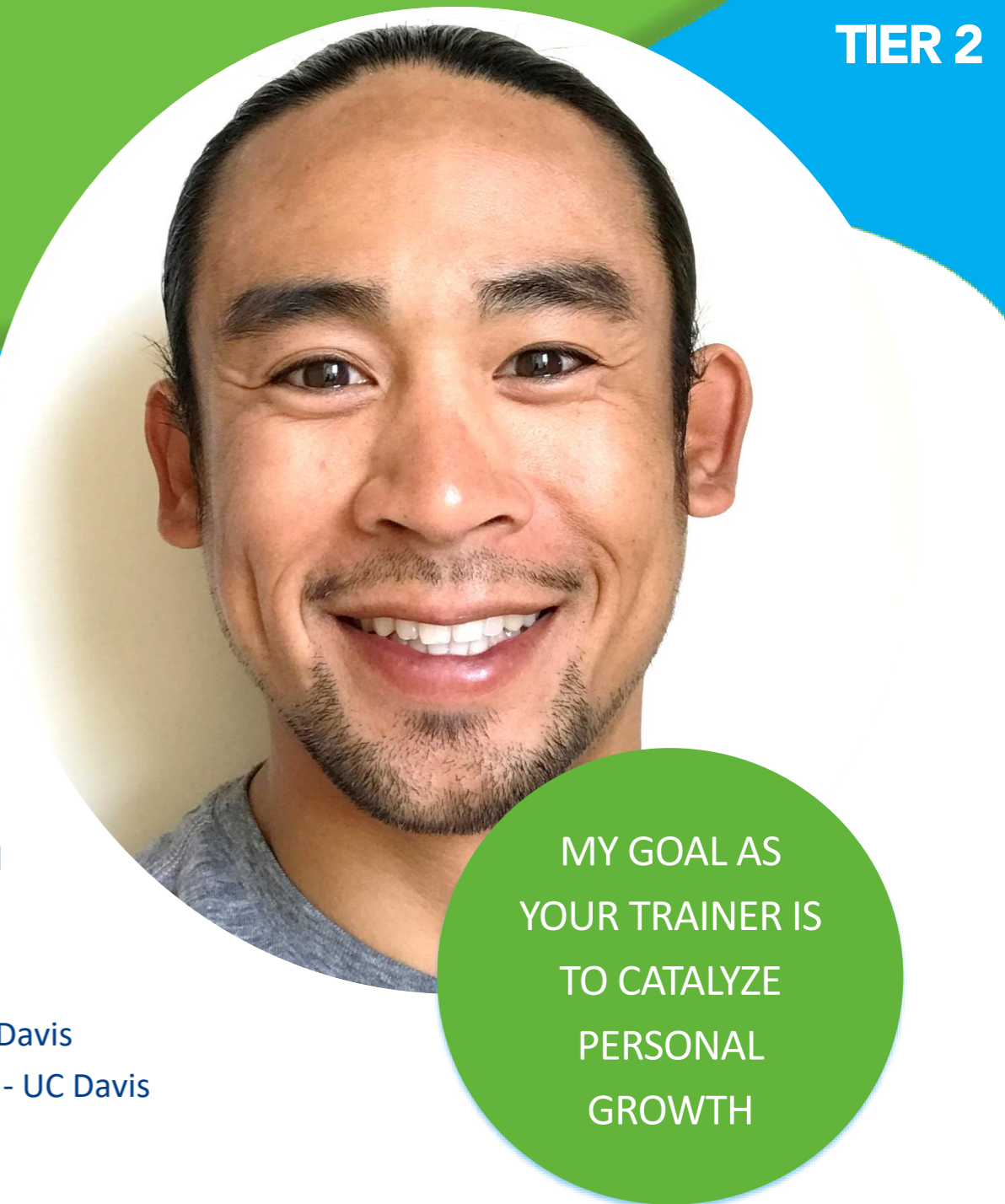


MATTHEW ILARINA

CERTIFIED PERSONAL TRAINER

TIER 2



MY GOAL AS
YOUR TRAINER IS
TO CATALYZE
PERSONAL
GROWTH

Training Philosophy:

Exercise is medicine. Developing a practice of movement and exercise coupled with nutritious eating heightens self-awareness and builds confidence. Take more control over your life by being preventative and holistic in your approach to health. I enjoy supporting clients and members of all ages in sustaining a balanced lifestyle. Lets work together in reaching your goals.

Experience:

- Personal Trainer — Since 2008
- Assistant Coach — CSM Cross Country | Track & Field since 2017
- Physical Therapy Assistant — US Health Works 2009
- Strength & Conditioning Coach — Archbishop Riordan High School 2009-2017
- Physical Education Instructor — School of the Epiphany, San Francisco, Ca -2009-2017

Certifications:

- EXOS Fitness Specialist
- USATF Level I
- USATF Level II
- USAW
- CPR/AED/First Aid Certified

Education:

- B.S. in Exercise Biology - UC Davis
- B.S. in Human Development - UC Davis

Interests:

Surfing, Soccer, Traveling, Learning new things, Music, Art, Cooking, Eating delicious nutritious food, Coaching, Spending time with family and friends, Having fun



SAN MATEO
ATHLETIC CLUB
AT
COLLEGE OF SAN MATEO

PROVIDING THE
EXOS
EXPERIENCE



MINDSET



NUTRITION



MOVEMENT



RECOVERY