

# SCOTT CHANESKI

CERTIFIED PERSONAL TRAINER

TIER 2



MY GOAL AS  
YOUR TRAINER IS  
TO HELP YOU FEEL  
EVEN YOUNGER  
NEXT YEAR!

## Training Philosophy

My job as your trainer is to take you from where you currently are to where you would like to be, in the most efficient way possible. Whether you are preparing for your next competition, or working to rehabilitate a joint problem, I will focus on all aspects of physiology to deliver a program that works for YOU. I believe the right training program is the one that fits into your life and allows you to be consistent. My expertise lies in understanding the art of human movement and how to implement a variety of functional training, corrective exercise, and postural awareness. My personal journey has allowed me to develop a passion for what proper exercise and nutrition can do for the human body. I enjoy being part of an industry that allows me to expand upon my expertise and I continually strive to learn everything I can about health, fitness, and how the human body works!

## Experience

Personal Trainer - Since 2006

Corporate Fitness - Since 2009

Assistant Program Manager - Since 2015

## Certifications

- NSCA Certified Strength & Conditioning Specialist (CSCS)
- EXOS Performance Specialist (XPS)
- EXOS Fitness Specialist (XFS)
- Queenax Functional Training & Small Group Program Design
- ARC CPR/AED/First Aid Certified

## Education

- B.S. in Exercise Physiology, Rutgers University
- Intern in Cardiac Rehab, RWJ University Hospital
- Teaching Assistant for Functional Human Anatomy Cadaver Dissection Lab, Rutgers University

## Interests

Strength training, skiing, tennis, golfing, and hiking with my wife and our mini-goldendoodle, Conan. I also enjoy playing guitar and taking a trip to Costco.



SAN MATEO  
ATHLETIC CLUB  
AT  
COLLEGE OF SAN MATEO

PROVIDING THE  
EXOS  
EXPERIENCE



MINDSET



NUTRITION



MOVEMENT



RECOVERY