

# MIKE DOVENBERG

CERTIFIED PERSONAL TRAINER



MY GOAL AS  
YOUR TRAINER  
IS TO HELP YOU  
BECOME THE  
BEST VERSION  
OF YOURSELF!

## Training Philosophy:

Training should help the client in his or her journey toward one's best self. By connecting physical, mental, and emotional wellbeing, we strive to be the best version of ourselves. It's my job as your trainer to help you find your best self in the gym.

## Certifications:

- EXOS Fitness Specialist
- Adult CPR/AED

## Education:

- M.B.A. at Kansas Wesleyan University
- B.S. in Sport Management at University of Minnesota (Magna Cum Laude)

## Experience:

Assistant Football Coach – CSM 2018

Kinesiology Instructor & Head Football Coach

– Gavilan College 2014-2017

Assistant Football Coach – Kansas Wesleyan

University 2012-2014

## Interests:

Football, snowboarding, fishing, traveling, working out, and spending time with family.



**SAN MATEO**  
ATHLETIC CLUB  
AT  
COLLEGE OF SAN MATEO

MAKE THE INVESTMENT TO BE  
FOCUSED IN YOUR TRAINING PROGRAM