

PHIL RICHARDI

CERTIFIED PERSONAL TRAINER



MY GOALS AS
YOUR
TRAINER IS
TO HELP YOU
ACHIEVE
YOURS

Training Philosophy:

My job as a personal trainer is to help my clients with their fitness goals whatever they may be. My goal is to help you achieve your goal(s). Exercising is something that needs to be done to keep our bodies and minds feeling good. It's like a chore, but my goal is to make it fun and exciting and to make you fall in love with exercise. Also, having had many sports injuries, I know how difficult a nagging injury can be. All of the exercises that I perform or recommend are personalized to help you overcome that injury and to keep you injury-free.

Experience:

Personal Trainer – Since 2009

Physical Therapy Aid– Brady's Physical Therapy

Certifications:

- NASM Certified Personal Trainer
- NASM Corrective Exercise Specialist
- EXOS Fitness Specialist
- CPR/AED/First Aid Certified

Education:

- M.S. Physical Therapy Program, UCSF (in progress)
- A.S. Science and Pre-Nursing at College of San Mateo

Interests:

Brazilian Jiu-Jitsu, boxing, football, baseball, cooking, traveling, poker, Salsa dance, working out, learning new things



SAN MATEO
ATHLETIC CLUB
AT
COLLEGE OF SAN MATEO

PROVIDING THE
EXOS
EXPERIENCE



Mindset



Nutrition



Movement



Recovery