

ROBERT O'CONNOR

CERTIFIED PERSONAL TRAINER



Training Philosophy:

Practice makes perfect. I believe in committing your fullest and earnest effort to anything you do, no matter how big or small. I hate doing the same thing over and over again and that especially goes for my workouts. I like to integrate the newest methods and bring a variety of options to exercising, thus making it exciting and fresh. My interest in physical therapy and injury recovery spark my college career in Health and Exercise Science (Physical Therapy). I want to bring my knowledge to YOU!

Experience:

Personal Trainer- since 2015

Volunteer - Central Valley Physical Therapy

Certifications:

- NASM Certified Personal Trainer
- EXOS Fitness Specialist
- CPR/AED Certification

Education:

- B.A. in Health and Exercise Science, University of the Pacific

Interests:

Health, Fitness, Art, Wine, Brunch, Sports, Learning, Music

MY GOAL AS YOUR TRAINER IS FOR US TO HAVE A GOOD TIME BY MAKING OUR WORKOUTS FUN, INNOVATIVE, AND UNIQUE



SAN MATEO ATHLETIC CLUB
AT
COLLEGE OF SAN MATEO

PROVIDING THE
EXOS
EXPERIENCE



Mindset



Nutrition



Movement



Recovery