

WAYNE BUCKNER

CERTIFIED PERSONAL TRAINER



MY GOAL AS
YOUR TRAINER
IS TO INSPIRE
FITNESS INTO
YOUR
LIFESTYLE

Training Philosophy:

“Train like an athlete”. You might say to yourself, “Well why do I want to be an athlete?” Athletes are known to be one of the highest performing people in fitness today. They can run fast, jump high, move in ways that you can only imagine. Athletes are also focused on fitness goals, determined to get to those fitness goals, and always looking for ways to get in better shape. I use this saying for you to picture yourself like an athlete when you train, when you look at yourself in the mirror, and the way you live your life. My mission is not to just get you in the best shape of your life physically, but also mentally and spiritually. You don’t need to play a sport to be an athlete. Let the way you train with me control that for you.

Experience:

Personal Trainer- since 2015

Volunteer - Central Valley Physical Therapy

Certifications:

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

Education:

- AA in Kinesiology (in progress)

Interests:

Watching and playing sports, hiking, video games, basketball coach, cycling, and trying different foods at different restaurants



SAN MATEO
ATHLETIC CLUB
AT
COLLEGE OF SAN MATEO

PROVIDING THE
EXOS
EXPERIENCE



Mindset



Nutrition



Movement



Recovery