

YINGFEI ZHANG

CERTIFIED PERSONAL TRAINER



MY GOAL AS
YOUR TRAINER IS
TO GUIDE YOU
THROUGH
SPECIFIC
WORKOUTS TO
ACHIEVE HIGHER
PERFORMANCE

Training Philosophy

Recently graduated with B.S. in Kinesiology degree and also received the certification of Exercise Physiologist from American College of Sports Medicine. I was a competitive swimmer and competed in California State Community College swimming competition with 2nd places in 100 Y IM, 100 Y Breast stroke and 200 Y Breast stroke, 2015. From there, I got recruited to join the Cal State East Bay Women's Swim Team. During the 2016- 17 and 2017-18 season, I finished within the top 18 scoring team and helped the women's team win 2nd place in the PCSC conference. Throughout my swim career, I realized that strength training was a key component to my success. I decided to now focus on the fitness aspect to broaden my scope to work with individuals at every age, whether for sport or for life. I believe being observant and optimistic helps to create a great workout.

Experience

Personal Trainer – Since 2017

Swim Instructor– Since 2014

Certifications

- ACSM certified Exercise Physiologist
- AHA CPR/ AED certified

Education

- B.S. in Kinesiology, Cal State East Bay

Interests

Snowboarding, rock climbing, hiking Twin Peaks, being around water, flexibility and agility training, making ring bubbles under water



SAN MATEO
ATHLETIC CLUB
AT
COLLEGE OF SAN MATEO

PROVIDING THE
EXOS
EXPERIENCE



Mindset



Nutrition



Movement



Recovery