

MADDIE SHIRLEY

CERTIFIED STRENGTH & CONDITIONING SPECIALIST

TIER 2



MY GOAL AS
YOUR TRAINER IS
TO INCREASE YOUR
CONFIDENCE AND
IMPROVE YOUR
MECHANICS

Training Philosophy

"BIOMECHANICS FOREGOES AND FURTHERS LOAD."

My ultimate goal for my clients is to improve your movement patterns in order to allow you to move the way that you want and need to move. If the way your body moves is limited, I will work to improve your biomechanics so that you can move with greater functionality and therefore have more room to improve your strength. I believe that strength is the cornerstone to increasing your wellness, making resistance training my favorite form of exercise! Whether your personal goal is to simply lose weight or increase strength, run a marathon or compete as a bodybuilder, or anything in between, I am confident that I can use my experience with training techniques to give you all of the tools you need to be successful. My world revolves around health and fitness: I was a collegiate athlete and I currently work as a strength and conditioning coach. I am always searching for ways to better improve my own health and adapt techniques to share with my clients. I believe that every day you are either getting better or you are getting worse, you never stay the same; making small, positive changes in your lifestyle on a daily basis will add up to greater change in the long run.

Experience

Personal Trainer – 2016

Functional Strength Coach – 2016

Strength and Conditioning Coach – 2019, Linfield College and Stanford University.

Certifications

- NSCA Certified Strength and Conditioning Specialist (CSCS)
- Certified Functional Strength Coach, Level-1 (CFSC)
- EXOS Fitness Specialist
- Adult CPR/AED Certified

Education

- B.S. in Physical Activity and Fitness Studies, Linfield College

Interests

Enjoying good food, listening to podcasts, going to the beach, watching sports (football, track and field, and basketball), and working out



SAN MATEO
ATHLETIC CLUB
AT
COLLEGE OF SAN MATEO

PROVIDING THE
EXOS
EXPERIENCE



MINDSET



NUTRITION



MOVEMENT



RECOVERY