

PHIL RICHARDI

CERTIFIED PERSONAL TRAINER & PHYSICAL THERAPIST

TIER 2



MY GOAL AS
YOUR TRAINER
IS TO HELP YOU
ACHIEVE YOURS

Training Philosophy:

I am a licensed Physical Therapist and experienced Personal Trainer who can help you achieve your rehab and fitness goals. After chatting and getting to know you and your goals we perform a thorough and comprehensive evaluation consisting of movement screens, manual muscle tests, and range of motion measurements. We then come up with an individualized workout plan with exercises to suit your specific needs. Workouts are efficient and effective using the 80/20 rule as the driving force (20% of exercises are responsible for 80% of your results). Let us work together to achieve your rehab and fitness goals whatever they may be.

Experience:

Personal Trainer — Since 2009

Physical Therapist — Brady's Physical Therapy

Certifications:

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

Education:

- Doctorate in Physical Therapy, UCSF/SFSU Program in Physical Therapy 2019
- A.S. Science and Pre-Nursing, 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