

AJAY KURANI

CERTIFIED PERSONAL TRAINER

TIER 2



MY GOAL AS
YOUR TRAINER IS
TO TEACH YOU TO
KEEP GOING
BECAUSE YOU ARE
ALMOST THERE

Training Philosophy

“THE BEST PROJECT YOU’LL EVER WORK ON IS YOU” As a trainer, I will give you all the tools to succeed. The drive and motivation must come from within without excuses. If we set a goal (your project), you must achieve it and do whatever it takes to do it. It will take time (6-12 months) but can be accelerated with the proper nutrition and workout plan. I’ve always believed “train as hard as you can without injury”. That’s where I come in, I have the ability to teach you to manage your injuries and maximize your gains through different types of training such as strength, physical therapy, corrective exercises, super slow training, Olympic lifts, and circuit training. I am well-trained in various soft tissue techniques such as SMFR, Fire Cups, Gua Sha, sport massage, and START technique (like ART). I like to customize each plan to each individual. I set my own journey and have not missed one day of exercise since March 2, 2016 and plan to carry that momentum forever. It’s all about commitment and lifestyle change.

Experience

Personal Trainer – Since 2004

Athletic Trainer – 2010-2019

Health Fitness Specialist – Since 2012

Certifications

- BOC–Certified Athletic Trainer
- NESTA Certified Personal Trainer
- NASM Corrective Exercise Specialist
- EXOS Fitness Specialist
- AHA CPR/AED Certified

Education

- M.S. in Kinesiology-Athletic Training and Biomechanics, University of Arkansas, Fayetteville
- B.S. in Exercise Biology, UC Davis
- B.A. in Communications, UC Davis

Interests

Watching sports (particularly the 49ers, Golden State Warriors, and Oakland A’s), playing tennis, basketball, slow pitch softball, flag football, spending time with family and friends, video games, working out, hiking, shooting pool, bowling



SAN MATEO
ATHLETIC CLUB
AT
COLLEGE OF SAN MATEO

PROVIDING THE
EXOS
EXPERIENCE



MINDSET



NUTRITION



MOVEMENT



RECOVERY