

DANIEL REGUERA

CERTIFIED PERSONAL TRAINER



Training Philosophy

Endure the pain, push hard, keep going, give your maximum, love & enjoy it - make it part of who you are. Hard Work and dedication pays off! I believe that if you give it your all and stay focused anything is achievable. I say we leave everything on the gym floor and feel accomplished after every workout. My mission as your trainer is to get you into the best shape of your life while having the most fun doing it. With my background in sports and passion for fitness, we can begin your journey to a newer and healthier you.

Experience

Personal Trainer – Since 2017

EMT – Since 2014

Certifications

- EXOS Fitness Specialist
- CPR/AED Certified

Education

- A.A. in Social Science with an emphasis in Fire Technology
- NCTI – Paramedic School

Interests

Working out, hiking, playing sports, video games, BBQ-ing, dirt biking, fishing, reading and working on cars

MY GOALS AS YOUR TRAINER IS TO MAKE FITNESS ENJOYABLE & EXCITING, WHILE KEEPING IT CHALLENGING.



SAN MATEO
ATHLETIC CLUB
AT
COLLEGE OF SAN MATEO

MAKE THE INVESTMENT TO BE
FOCUSED IN YOUR TRAINING PROGRAM