



**SAN MATEO**  
**ATHLETIC CLUB**  
AT  
COLLEGE OF SAN MATEO

# Jerry Estrellado

## Personal Fitness Trainer



### **Training Philosophy:**

I have a passion for fitness, and for helping people inclined to maximize their potential. When it comes to achieving your fitness goals, mental strength is just as important as physical strength. The primary ingredients you need is hard work. However, the hardest part is taking that first step; to motivate yourself to come to the gym and get started. If you can do that, I'll help you with the other steps. Your job is to focus on ACTION and I will focus on the RESULTS. By combining strength and resistance training with core conditioning and a wide variety of cardiovascular training, I will set you up for success in achieving your lifestyle and fitness goals.

### **Certifications:**

NASM Certified Personal Trainer  
NCSF Certified Personal Trainer  
CPR, AED, First Aid Certified

### **Education:**

A.S. Intelligence Studies - Cochise College, AZ  
B.S. Kinesiology - Cal State East Bay (**expected graduation 2016**)

### **Interests:**

Badminton, Soccer, Brazilian jiu-jitsu, Traveling.