

MATTHEW ILARINA

CERTIFIED PERSONAL TRAINER



MY GOAL AS
YOUR
TRAINER IS TO
CATALYZE
PERSONAL
GROWTH.

Training Philosophy:

Exercise is medicine. Developing a practice of movement and exercise coupled with nutritious eating heightens self-awareness and builds confidence. Take more control over your life by being preventative and holistic in your approach to health. I enjoy supporting clients and members of all ages in sustaining a balanced lifestyle. Lets work together in reaching your goals.

Experience:

- Personal Trainer – Since 2008
- Assistant Coach– CSM Cross Country | Track & Field since 2017
- Physical Therapy Assistant– US Health Works 2009
- Strength & Conditioning Coach– Archbishop Riordan High School 2009-2017
- Physical Education Instructor– School of the Epiphany, San Francisco, Ca -2009-2017

Certifications:

- EXOS Fitness Specialist
- USATF Level I
- USATF Level II
- USAW
- CPR/AED/First Aid Certified

Education:

- B.S. in Exercise Biology - UC Davis
- B.S. in Human Development - UC Davis

Interests:

Surfing, Soccer, Traveling, Learning new things, Music, Art, Cooking, Eating delicious nutritious food, Coaching, Spending time with family and friends, Having fun



**SAN MATEO
ATHLETIC CLUB**
AT
GOLF COURSE OF SAN MATEO

MAKE THE INVESTMENT TO BE
FOCUSED IN YOUR TRAINING PROGRAM