

SAMANTHA LEEPER

CERTIFIED PERSONAL TRAINER



MY GOAL AS
YOUR TRAINER
IS TO MAKE
YOU THE BEST
VERSION OF
YOURSELF.

Training Philosophy:

Being the best version of yourself is the greatest thing you can do and I will help you get there. Health and fitness are important parts of a happy lifestyle. I strive for that everyday and want to motivate and encourage my clients to do the same. With a background in strength and conditioning, I aim to help individuals improve their performance, whether it be in athletics, general fitness or daily life. If you put your mind to it and work hard anything is achievable. One of my favorite quotes is, "There may be people who have more talent than you, but there's no excuse for anyone to work harder than you do." –Derek Jeter

Experience:

Athletic Training Technician— Colorado State University, 2014-2017

Strength and Conditioning Intern — University of Alabama, Spring 2017

Certifications:

- First Aid, CPR, AED, BLS Certified
- USA Weightlifting Sport Performance Coach Certification
- EXOS Fitness Specialist

Education:

- B.S. in Health and Exercise Science from Colorado State University

Interests:

Watching and playing sports, being outside, fitness, being with family, cooking and baking, food photography



**SAN MATEO
ATHLETIC CLUB**
AT
GET UP OR GET MATTED

MAKE THE INVESTMENT TO BE
FOCUSED IN YOUR TRAINING PROGRAM