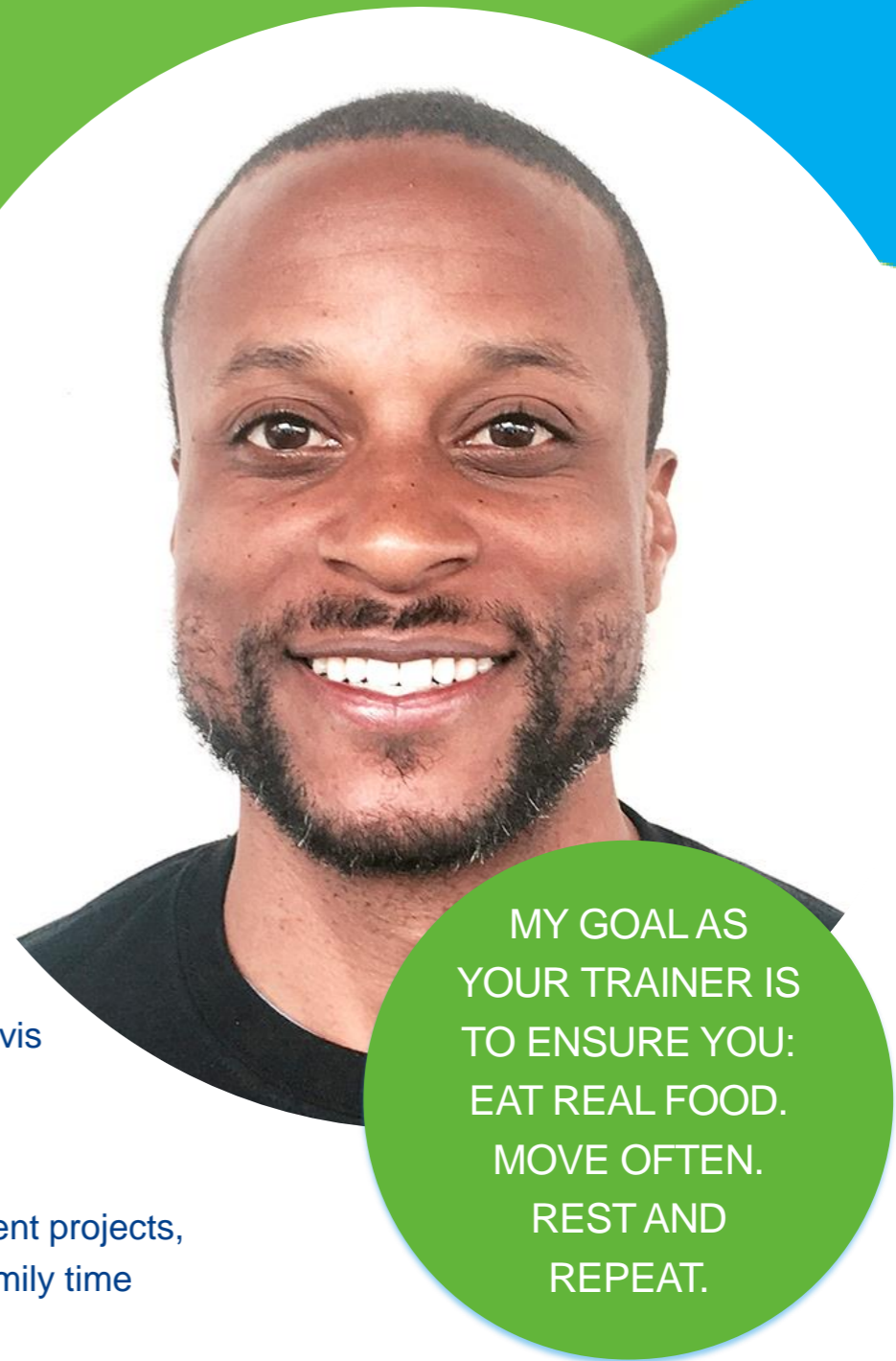


KAJARI BURNS

CERTIFIED PERSONAL TRAINER



MY GOAL AS
YOUR TRAINER IS
TO ENSURE YOU:
EAT REAL FOOD.
MOVE OFTEN.
REST AND
REPEAT.

Training Philosophy

I believe the best approach to training clients is to concentrate on building a stable foundation of strength and movement skills. An individual's current posture and alignment provide guidelines which I follow during the program design phase. As we start to incorporate more advanced exercises and movement patterns, the program emphasis moves more in the direction of strength and conditioning. I have found that following this method of program development results in confident and educated clients. If I can teach and empower clients to take control over their body, health, and nutrition, I've accomplished my goal as a trainer. All that is left is to ensure that the client is being consistent in their efforts, constantly raising the bar with respect to their ideas of fitness and developing multiple strategies to continue training when life inevitably throws an obstacle in the mix. I've been extremely fortunate to work with many skilled movement experts. It is my honor to share all of my learned lessons with anyone looking to pursue increased health and fitness.

Experience

Personal Trainer – Since 2008

High School Track & Field Coach– Since 2011

CSM Track & Field Coach– Current

Certifications

- NSCA Strength & Conditioning Specialist
- CPR/AED Certified

Education

- B.S. in Organizational Studies, UC Davis

Interests

Track & Field, cooking, home improvement projects, reading, watching sports, frisbee golf, family time



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