

DAVID DANKER

CERTIFIED PERSONAL TRAINER



MY GOALS AS
YOUR TRAINER IS
TO HELP YOU
MOVE MORE
EFFICIENTLY AND
IMPROVE YOUR
OVERALL WELL-
BEING.

Training Philosophy:

I believe in training the body as a whole, the mind, body and spirit. Start out by setting short-term goals on your journey to living a more active and healthier lifestyle. Once this is accomplished you can then reap the rewards and benefits. My moto is quality over quantity and to never stop moving. Fitness does not begin and end at the gym. It's not about how much weight you can lift. It's what you do with it that benefits you the most. We only have one body and what we put in, is what we will get out. 80% of it is nutrition. With over sixteen years of experience and my systematic progression approach (including proper recovery and regeneration), I can help you reach your goals, injury free. It's about having balance within your lifestyle where exercise takes a vital place and once this happens, the rest should fall into place. I'm looking forward to helping you achieve your fitness goals.

Experience:

- Personal Trainer – Since 2000
- Assistant Strength & Conditioning Coach– USA Rugby Team at World Games in Israel 2013

Certifications:

- NETA Certified Personal Trainer
- USA Weightlifting Sports Performance Coach
- TRX Suspension Training
- CPR/AED Certified

Education:

- B.S. in Exercise Science, San Francisco State University

Interests:

Triathlon, Rugby, Mountain hiking and running and reading



SAN MATEO
ATHLETIC CLUB
AT
COLLEGE OF SAN MATEO

MAKE THE INVESTMENT TO BE
FOCUSED IN YOUR TRAINING PROGRAM