

FRED STEPHENS

CERTIFIED PERSONAL TRAINER



MY GOAL AS
YOUR TRAINER IS
TO HELP YOU
BRING OUT YOUR
INNER ATHLETE
AND WALK YOU
EVERY STEP OF
THE WAY

Training Philosophy:

You live and play at the level of your fitness. I tell my athletes that “success is not given, but you and only you must produce the work to achieve the end result.” Have you fallen short of your fitness goals? It could be your effort or motivation; it could be that you’ve set the wrong kind of goal. I will help you focus on two goals; learning and performance. Learning goals focus on acquiring knowledge and skill, to learn effective ways to become physically fit. The second goal is more specific and has a measurable outcome, these are performance goals. They both focus on your end result. To make yourself worthy of your goals, I believe you must perform every training session with maximum effort and commit to the program every day. I have hands-on experience working with and witnessing how a champion trains whether it’s training for the Olympics, playing an individual or team sport, or just determined to achieve personal goals. They know their body keeps count of all the missed workouts. So keep in mind, we are what we accomplish or don’t accomplish. I can help you create your focus and fitness.

Experience:

- **Professional Strength Coach** – Division I collegiate and Professional level since 1988

Certifications:

- EXOS Fitness Specialist
- USA Weightlifting – Sports Performance Coach
- CPR/AED Certified

Education:

- M.S. in Education with the emphasis in Sports Science at New Mexico State University
- B.S. in Physical Education at New Mexico State University

Interests:

Anything sports, helping the community and being involved in volunteer work



SAN MATEO
ATHLETIC CLUB
AT
COLLEGE OF SAN MATEO

PROVIDING THE
EXOS
EXPERIENCE



Mindset



Nutrition



Movement



Recovery