

LIEM TRAN

CERTIFIED PERSONAL TRAINER



MY GOAL AS
YOUR TRAINER
IS TO OPTIMIZE
YOUR
LIFELONG
JOURNEY IN
FITNESS

Training Philosophy:

My training philosophy for each individual is unique and different. There are many variables that go into your desires and goals in the world of fitness, human movement and human performance. My personal training philosophy and my mission as your personal trainer is to use the knowledge, science and experience I have to help you to objectively reach your goals and, at the same time, help you find the training, activity and program that is personally best for you, specific to you, that you intrinsically enjoy, and that brings the passion and fulfillment in a lifelong journey of optimizing your health, fitness and quality of life.

Experience:

Personal Fitness Trainer – Since 2010
Physical Therapist Aide – 2014-2017
Health Coach – 2017-2018

Certifications:

- ACE Certified Personal Trainer
- ISSA Certified Fitness Trainer
- EXOS Performance Specialist
- EXOS Fitness Specialist
- EXOS Tactical Training Systems
- American Red Cross Adult CPR/AED

Education:

- Doctor of Physical Therapy (In Progress), UCSF/SFSU
- M.S. in Kinesiology, CSU- East Bay
- B.S. in Kinesiology, Pre-Physical Therapy, CSU- East Bay
- A.S. in Kinesiology, Athletic Training, Ohlone College

Interests:

Fitness, Physical Therapy, Kettlebells, Steel Mace Training, Martial Arts, Boxing, Judo, Jiu-Jitsu, Taekwondo, Healthy Foods, Music, Movies, Live Shows/Performances, Philosophy, Meditation



SAN MATEO
ATHLETIC CLUB
AT
COLLEGE OF SAN MATEO

PROVIDING THE
EXOS
EXPERIENCE



Mindset



Nutrition



Movement



Recovery