

# MAI TRAN

CERTIFIED PERSONAL TRAINER



MY GOAL AS  
YOUR TRAINER  
IS TO HELP YOU  
FEEL  
ACCOMPLISHED  
AFTER EACH  
SESSION

## Training Philosophy:

I have been fortunate enough to work in various areas of fitness- from a clinical setting, to working with recreational athletes of all ages, to managing a fitness department. As a trainer, it never ceases to amaze me what people are capable of and I aim to get a smile at the end of every session!

## Experience:

Personal Trainer – Since 2001

Group Exercise Instructor– Since 2003

Fitness Manager– Since 2006

## Certifications:

- EXOS Performance Specialist
- EXOS Fitness Specialist
- TRX Suspension Training
- TRX Group Training
- RIP Training Certification
- CPR/AED/First Aid Certified

## Education:

- M.S. in Clinical Exercise Physiology, University of Florida
- B.S. in Fitness Specialist, Indiana University- Bloomington
- Internship in Multiple Sclerosis and Stroke Research, University of Florida
- Internship in Cardiac Rehab, Indiana University- Bloomington
- Co-Presenter for Core Training Seminar at the National Intramural Recreational Sports Association in 2006

## Interests:

Hiking, running, spending as much time with friends and family as possible



SAN MATEO  
ATHLETIC CLUB  
AT  
COLLEGE OF SAN MATEO

PROVIDING THE  
EXOS  
EXPERIENCE



Mindset



Nutrition



Movement



Recovery