

GLENN SMYTH

CERTIFIED PERSONAL TRAINER



MY GOAL AS
YOUR TRAINER IS
TO HELP YOU TO
ESTABLISH
HABITS FOR A
BETTER QUALITY
OF LIFE

Training Philosophy

Your health is your wealth. It is important, with all the current knowledge we have today, that you strive to preserve and build your body. Health and well-being should be a priority for everyone. Coaches and trainers I have had in the past had a profound impact on my life and I wish for nothing more than to impart that same experience to others. Your health is definitely a priority to me! I will do my best to assist you in any type of training you need, ranging from functional movement to sport-specific. I have always had a passion for fitness and wish to use it to help others. Injury Recovery and Physical Therapy is my passion, I hope to one day find a career in this field.

Experience

Personal Trainer – Since 2019

Physical Therapy Aide – BaySport Physical Therapy

Certifications

- NASM Certified Personal Trainer
- EXOS Fitness Specialist
- CPR/AED/First Aid Certification

Education

- A.A. in Kinesiology- Cañada College
- B.S. in Kinesiology (in progress)

Interests

Watching sports, playing basketball, soccer, football, spending time with family and friends, working out, bowling, cooking, traveling to new places, trying new foods



SAN MATEO
ATHLETIC CLUB
AT
COLLEGE OF SAN MATEO

PROVIDING THE
EXOS
EXPERIENCE



Mindset



Nutrition



Movement



Recovery