

MIKE CHEN

CERTIFIED PERSONAL TRAINER

TIER 1



Training Philosophy:

I believe the key to a happy life is achieving a harmony of our mind and body, that harmonizing state is built on a foundation of healthy living. And healthy living is an accumulation of choices, big or small, that we make everyday in regards to our mindset, physical activity, diet and recovery throughout the course of our lives. To make anything possible, you need to take that first step and my job is to guide you in making the right fitness decisions and place you on track to achieve your workout goals. So are you interested in optimizing your health? Do you want to improve your fitness level? If your answer is yes, then take that first step and together we will make it possible!

Experience:

Personal Trainer- since 2018

Group Fitness Instructor - since 2018

Certifications:

- EXOS Fitness Specialist
- Adult CPR/AED

Education:

- B.A. in Cognitive Science, UC Berkeley

Interests:

CrossFit, weight-training, basketball, swimming, snowboarding, yoga, watching films.

我會講中文

MY GOAL AS
YOUR TRAINER IS
TO MAKE FITNESS
YOUR ROUTINE &
IMPROVE YOUR
PHYSICAL WELL-
BEING



SAN MATEO
ATHLETIC CLUB
AT
COLLEGE OF SAN MATEO

PROVIDING THE
EXOS
EXPERIENCE



MINDSET



NUTRITION



MOVEMENT



RECOVERY