

# Matthew G.



**Certified Personal Trainer**  
**Master Trainer**  
**Team Member Since: 2010**  
**Sessions Serviced: 2,000 +**

## Education & Certifications

- BS in Criminal Justice & Psychology from St. Martins University
- AED (Automated External Defibrillator)
- bodybugg® Calorie Management System Certification
- CPR Certification
- National Academy of Sports Medicine - Certified Personal Trainer
- TRX Suspension Training – Certified TRX Instructor

## Hobbies and Achievements

- Spending time with wife and three children
- Serviced 20,000+ PT sessions since 2001
- Successfully trained NFL, college and Junior Olympia athletes
- Walk-on to University of Arizona baseball program
- All league baseball and basketball River Ridge HS



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