



## PERSONAL TRAINER BIO SHEET



**NAME:** BRIAN DANLEY, CFT

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**YEARS OF EXPERIENCE:** 10+ years

- **FITHAUS** (Dec 2018-present)
- **EXOS** (Mar 2018-present)
- **PLUS ONE** (Mar 2018-present)
- **WORKOUTTEMPS** (Feb 2018-present)
- **BACK IN FORM** (May 2016-present)
- **REACH FITNESS** (Mar 2016-present)
- **PALO ALTO FIT** (Mar 2017-Nov 2017)
- **KB FITNESS** (Mar 2016-Jun 2017)
- **MBP FIT** (Jan 2016-Aug 2016)
- **SBM FITNESS** (Nov 2015-Aug 2016)
- **STANFORD UNIVERSITY** (Oct 2006-Oct 2015)
- **INDEPENDENT PERSONAL TRAINING** (2005-present)
- **24-HOUR FITNESS** (Jan-May 2005)

### **EDUCATION:**

- **BACHELOR'S DEGREE IN SCIENCE, KINESIOLOGY** (May 2010)  
(San Jose State University)
- **CERTIFICATE OF ACHIEVEMENT, SENIOR FITNESS** (2009)  
(American Academy of Health and Fitness)
- **CERTIFICATE OF COMPLETION, PERSONAL FITNESS TRAINER**  
(Dec 2004)  
(De Anza Community College)
- **BACHELOR'S DEGREE IN SCIENCE, MECHANICAL ENGINEERING** (May 2000)  
(San Jose State University)

## ***CERTIFICATIONS:***

**ISSA** (International Sports Science Association) (certified since 2003)

- **ELITE TRAINER**
- **MASTER TRAINER**
- **CFT** (Certified Fitness Trainer)
- **SPN** (Specialist in Performance Nutrition)
- **FT** (Fitness Therapy)
- **SSC** (Specialist in Strength and Conditioning)
- **SFN** (Specialist in Fitness Nutrition)
- **SSF** (Specialist in Senior Fitness)
- **CES** (Corrective Exercise Specialist)

**American Health Association**

- **CPR/AED**

## ***SERVICES:***

- **BODYBUILDING**
- **WEIGHT/FAT LOSS**
- **STRENGTH TRAINING**
- **CORE CONDITIONING**
- **SPORTS-SPECIFIC TRAINING**
- **FLEXIBILITY**
- **SENIOR FITNESS**
- **INJURY REHAB**
- **NUTRITION COACHING**

## ***THREE WORDS THAT DESCRIBE ME:***

1. Disciplined
2. Focused
3. Organized

## ***TRAINING PHILOSOPHY:***

You're likely to stick with a training program that has meaning to you, will guide you on the path toward achieving your fitness goal, and that is enjoyable. Believe in yourself, enjoy the process of training, and most of all--listen to your body!

***BIO PARAGRAPH:***

BRIAN DANLEY, B.S. KINESIOLOGY, CPFT

Brian Danley, CPFT, is a Certified Personal Fitness Trainer active in the San Francisco Bay Area. Brian became a Certified Personal Trainer with ISSA since 2003. Additional credentials through ISSA include Specialist in Senior Fitness, Exercise Therapy, Sports Nutrition, Fitness Nutrition, and Strength and Conditioning. Brian received his Certificate of Completion for Physical Education-Personal Fitness Trainer at De Anza College in 2004. Since 2005 he has provided in-home as well as private-studio personal training services to clients. Brian was one of the first personal trainers hired by Stanford University in 2006 and received extensive experience training members of the staff, faculty, and hundreds of students ranging in age from 18 to 85 over a span of 9 years. In 2010 Brian graduated cum laude with a B.S. in Kinesiology at San Jose State University. He provides fitness services including weight/fat loss, strength training, sports-specific training, core conditioning, bodybuilding, injury rehab, and senior fitness. Brian has been in the U.S. Army for over thirty years and is currently serving as a senior non-commissioned officer in the Active Reserves. In addition to training one-on-one with clients, Brian also teaches group fitness classes throughout the South Bay Area.