



Eugene A. Clark

Are you interested in Personal Training and improved performance in the area of fitness and strength training? Do you want to get in the best shape of your life? As a Certified Personal Trainer specializing in several training methods I can help you achieve your training and fitness goals.

From Functional Training to High Intensity Conditioning . . . If you are just beginning your fitness journey or you are an experienced athlete, I will formulate a program specific to your needs and objectives.

QUALIFICATIONS

- ACE Certified Personal Trainer
- BioFlex Laser Certification
- Head Counselor for the NCAA Summer Youth Sports Program at UCLA
- FMS: Certified Level one
- Ex Professional Athlete

TRAINING SPECIALIZATIONS

- Functional Movement Screening
- Gray Cook's: Functional Movement System
- J Santana's: Essence of Dumbbell Training
- Kettle Bell Training
- First Aid, CPR C & AED Certification
- Functional Assessment and Training
- Movement Based Exercise
- Strength and Conditioning
- TRX Training & BOSU Training

PERSONAL HIGHLIGHTS

- 12 years experience as an elite athlete
- UCLA: BA - Psychology Major, Sociology Minor
- 8 + years experience as a Personal Trainer

ATHLETIC ACCOMPLISHMENTS

- Track & Field: Shot Put
- Wrestling
- Played in the Hula Bowl
- NCAA All American Honorable Mention
- All Pac 8 Conference All Star Team
- Captain: UCLA Bruin Football Team
- 1st team left Offensive Guard for the Toronto Argonauts Professional Football Team in the Canadian Football League

"TOGETHER WE CAN MAKE IT HAPPEN!"

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