



BOB MARTIN

Exercise Trainer, Personal Trainer

EDUCATION

On the job training
Trained by the Physical Education and Athletic Staff at Cornell University

SPECIALIZATIONS

- § One on one personal training to accomplish goals
- § Weight loss and weight gain goals through common sense exercise/nutritional programs
- § Exercise and aging and benefits associated through proper maintenance

CERTIFICATIONS

AHA: CPR/AED

BIO

- § Twenty-six years as a member of the Cornell University Physical Education and Athletic Staff
- § Gymnastics Coach-Cornell University
- § Assistant Golf Pro- Cornell University
- § Weight Training Instructor- Cornell University
- § Golf Instructor- Cornell University
- § Coached All-Star Teams against Russian and Romanian Teams
- § In "Who's Who" of Gymnastics
- § Owned and managed the Ithaca Fitness Center for thirty-five years
- § Personal Trainer at Ithaca Fitness Center
- § Personal Trainer at Courtside Racquet and Fitness Center
- § Advised and helped implement a White House Staff Fitness Center for President Ronald Reagan.