

# Matthew Nelson

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## Training Philosophy

“I help busy people build muscle & strength without extreme diets or lifestyle overhauls. I’ve helped over 100 people transform their bodies & build the confidence to move, feel, & live at their best.”

## Certifications

NSCA Strength and Conditioning Specialist

NSCA Certified Personal Trainer

## Specializations

Strength & Resistance Training

Post-Injury Rehabilitation & Corrective Exercises

Functional Fitness & Daily Movement Patterns

Body Recomposition

## Available Hours

Weekdays: Evening/Late Evening