



Matt Sharpless

CSCS

CERTIFICATIONS:

Certified Strength & Conditioning Specialist – NSCA | EXOS Performance Specialist – EXOS | EXOS Fitness Specialist – EXOS

AREA OF SPECIALTY:

Athletic Development, Speed & Agility, Post-Rehabilitative Return to Play, Corrective Exercise, Functional Fitness

EXPERIENCE:

I got my start in the fitness industry working with athletes and post-rehabilitative patients of all ages and ability levels in a physical therapy system. Prior to that, I found my passion for fitness and performance during my service in the Navy, and helped save the careers of dozens of active duty sailors through the Navy's remedial fitness program.

TRAINING STYLE/PHILOSOPHY:

Never add strength on top of dysfunction. By teaching movements – not muscles – I aim to correct imbalances and misalignments in order to prevent further damage and strengthen the body safely.

MY PASSION FOR FITNESS COMES FROM:

My own struggles early in life, as well as the drive to find greatness in everybody.

MY PROUDEST MOMENT WITH A CLIENT:

I helped a client to lose over 80 pounds after he decided to forego a medically-supervised weight loss program and enroll in an exercise program. I also had the pleasure to coach an athlete whose path to return to professional football had a stop right here in Green Bay.

MY FAVORITE EXERCISE/TRAINING TOOL:

The Deadlift is the best lift. Nothing beats a barbell.

MY FAVORITE QUOTE OR MOTIVATIONAL SAYING:

"It Depends." – the answer to every question regarding nutrition, performance, programming, foods you should or shouldn't eat, or exercises you should or shouldn't do – ever.

FUN FACT ABOUT ME:

I was in the Navy for 5 years. I served as a Cryptologic Technician at a tiny base in Sugar Grove, WV and aboard a guided missile Destroyer – the USS Forrest Sherman – out of Norfolk, VA.

Contact Matt at matthew.sharpless@greenbayymca.org or 920 436 9622
to schedule your training session or **FREE** consultation.

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