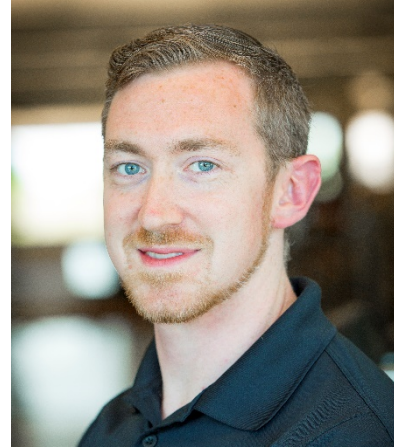


# Matt Blair

## Education & Certifications

- B.S. Exercise Science  
University of Central Oklahoma
- M.S. Exercise Science (in progress)  
University of Central Oklahoma
- ACSM CPT
- EXOS XFS



## Areas of Specialization

- Strength & Conditioning
- Sport-Specific Training
- Rehab & Mobility

## Fitness & Health Philosophy

“My motivation is to help better others’ lives through exercise. I want to show people that there is a modification to every limitation, and I enjoy finding new techniques to help people overcome pain or struggles.”

“There are no pills, no secrets, no passwords on the path to greatness. You’ve got to embrace the pain, push the threshold, and feel the suck.” – Jon Gilson

## Fitness & Health Accomplishments

- Multiple mud runs and 5k’s
- Recreational soccer leagues
- Presenting research at national conferences