

Michael Masters

Certified Personal Training

Background

Michael was a fitness instructor and personally trained soldiers in the U.S. Army for 17 years. He just retired after 26 years of service, at the rank of Sergeant Major. He currently lives in Tierra Verde, and now works at the Veterans Hospital in Bay Pines.

Education/ Experience

Michael has been certified as a personal trainer by the American College of Sports Medicine since 1991. He is also a running coach, and prepares 16 week running programs to run races from 5k to Marathon distances.

He has completed 16 marathons, a 100 mile adventure race, a 48 mile winter quadrathlon, a 6 person 180 mile relay across Florida, and a 210 mile bike ride.

Michael is also a fitness trainer for an internet based fitness business, where he helps people with nutrition and fitness related issues. He is assigned customers, and guides them to remarkable transformations through motivation, inspiration and dedication to helping them achieve their goals.

Personal Training

Michael currently teaches a fitness boot camp on St Pete Beach, and an evening cardio circuit class at Fit for Life. He is available to be your personal trainer evenings and Saturdays.

