



Matías Grobas

Experience

Functional instructor

Functional teacher of all ages, at Duo Gym and the Andrea Mignone gym.

Recreational kick boxing instructor

Kick boxing workshop teacher at the “La Casa De Coca” children's home, in Boedo, and Taruk Training

Calisthenics instructor

Personalized calisthenics trainer in parks.

Bodybuilding instructor

Bodybuilding instructor Taruk Entrenamiento.

Bodybuilding instructor Club Juventud.

Bodybuilding instructor SportClub Isidro Casanova



Ciudad Evita



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Academic training

IPEF: Instituto Privado de Educación Física

- Physical preparation teacher
- Personal trainer teacher
- Senior teacher of high sports performance and functional training
- Bodybuilding instructor

UNLAM: Universidad de La Matanza

- Kinesiology student

Capabilities

The aforementioned titles enable me to train any type of person (of various ages and situations) in different areas of physical preparation. Be it oriented towards strength, coordination, speed, or all of these together applied to a certain sport.

References

Available upon request

