

STEPHEN LOCSIN · Coach



Specializations

- Strength and Conditioning
- Muscle Development
- Athletic Performance
- Corrective Exercise
- Nutrition Development

Qualifications

- ISSA Certified Personal Trainer
- ISSA Certified Master Trainer

Pleasures

- Family time
- Meal prepping
- Spartan Race

Stephen was born in the Philippines and moved to San Francisco in 2003. He attended CSU East Bay to major in Business, but dropped out of school to pursue his dream of becoming a professional chef. Eventually, he landed a job as a chef at UCSF.

In 2012, Stephen was employed as a caregiver. He realized there are uncontrollable and controllable aspects in our lives that can dictate conditions in our old age. Thus, he knew it was his calling to advocate for others to live a healthy and balanced lifestyle.

After years of gaining experience in the fitness industry, he sought to build upon his knowledge and education. In 2018, he attended the International Sports Science Association (ISSA) and received a degree in Exercise Science and 7 specialist certifications, broadening his understanding of nutrition and athletic performance.

In his spare time, Stephen loves to spend time with family, think of new meal prep ideas, and is continuously expanding his knowledge in fitness, nutrition, and health.

As a coach, he is privileged to have Strength Camp SF as a platform to empower others who are willing to learn and understand.