

# ANDY ZHAO · General Manager & Coach



## Specializations

- Strength and Conditioning
- Muscle Development
- Corrective Exercise

## Qualifications

- SFSU, BS Kinesiology, Exercise Science
- ACE Certified Personal Trainer
- CPR/AED Certified
- CRM

## Pleasures

- Traveling
- Foodie
- Spending time with family & friends

Andy was born and raised in San Francisco. He attended San Francisco State University and graduated with a B.S. in Kinesiology, concentration in Exercise Science.

Upon graduating, Andy worked as a Member Services Coordinator at UCSF.

His fitness journey started 10 years ago when he fell in love with lifting weights – focusing specifically on heavy squats, bench press, and deadlifts. Since then, he continues to work towards becoming as strong as possible for these barbell movements.

The best benefit of working out is that he can eat more, but still look fit! When not lifting weights, Andy loves to travel and try new foods. His favorite travel destination is Hawaii—amazing foods and beautiful weather!

He looks forward to getting to know Strength Camp SF members and is excited to assist each person on their journey to “Become the Strongest Version of Themselves.”