



27 time Marathon Finisher

4 time Ironman Triathlon Finisher



Michael Pantaleo Personal Trainer

Certifications:

American Council on Exercise
Certified Personal Trainer

National Academy of Sports Medicine
Performance Enhancement Specialist

Additional Experience:

- Personal Trainer
- Sports Performance Coach
- Strength and Conditioning Coach for Minneapolis Lumberjack Semi Pro Football Team

Areas of Interest:

Athletic Performance
Endurance Athletics (Running/Triathlon)

