

## MATTHEW M. BRZYCKI

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### PROFESSIONAL EXPERIENCES:

**Assistant Director of Campus Recreation, Fitness (Jun 2007 to present)**  
**Coordinator of Recreational Fitness and Wellness Programs (Mar 2001 to Jun 2007)**  
**Coordinator of Health Fitness, Strength and Conditioning (Dec 1993 to Mar 2001)**  
**Health Fitness Coordinator/Strength Coach (Aug 1990 to Dec 1993)**  
**Princeton University (NJ), August 1990 to present**

- Managed and supervised the overall operation of the Health Fitness Center (August 1990 to January 2000) and the Stephens Fitness Center (January 2000 to present) in Dillon Gymnasium.
- Oversaw all aspects of personal training which included hiring trainers; handling requests for personal training; matching clients with trainers; maintaining client documents; tracking client accounts; and submitting payroll for trainers on a bi-weekly basis.
- Offered an extensive curriculum of health and wellness content (classes) for the campus community through the Employee Learning Center which involved recruiting a diverse and qualified group of 50 speakers who taught 147 classes on a wide variety of health and wellness topics to 2,605 attendees; organizing the schedule of classes; moderating/attending classes; and collecting and analyzing class data.
- Conducted a variety of fitness and wellness activities/programs including fitness assessments, fitness consultations, wellness screenings and wellness workshops.
- Maintained an extensive inventory of fitness equipment worth more than \$550,000.
- Performed all administrative functions related to the fitness center.
- Maintained the content of the fitness area of the Campus Recreation website.
- Supervised the overall operation of the Varsity Intercollegiate Weight Room in Jadwin Gymnasium (August 1990 to August 1999).
- Developed, scheduled and taught a variety of non-credit, physical-education classes (1990-08).
- Planned and designed the Nautilus Training Center in Dillon Gymnasium (1990-91)
- Planned and designed the Varsity Intercollegiate Weight Room in Jadwin Gymnasium (1994).
- Planned and directed five Northeast Regional Strength and Fitness Seminars (1991, 1996-99).
- Assisted in developing, planning and designing a 1.4-million-dollar renovation of the Beale E. Poste Health Fitness Center in Dillon Gymnasium (1998-99).

**Assistant Strength and Conditioning Coach**  
**Rutgers University (NJ), September 1984 to July 1990**

- Managed and supervised the Varsity Weight Room in the College Avenue Gymnasium (September 1984 to June 1987) and the Strength and Conditioning Facility in the Louis Brown Athletic Center (July 1987 to July 1990).
- Designed, administered and supervised the strength and conditioning programs of the 29 non-revenue sports.
- Assisted in the design, administration and supervision of the strength and conditioning programs of the three revenue sports (football, men's basketball and women's basketball).
- Conducted clinics for the 29 non-revenue sports concerning the principles of strength and conditioning.
- Directed a noon-hour strength-training program for Athletic Department personnel.
- Performed various administrative duties.

**Health Fitness Supervisor**  
**Princeton University (NJ), May 1983 to September 1984**

- Supervised the Beale E. Poste Health Fitness Center located in Dillon Gymnasium.
- Instructed university students, faculty, staff and athletes in the proper use of exercise equipment for the development of muscular strength and aerobic conditioning.

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**TEACHING EXPERIENCES:**

**Lecturer 2**

**Rutgers University (NJ), March 1990 to July 2000; January 2012 to present**

- Taught Strength Training Theory and Applications (formerly Weight Training) through the Department of Exercise Science and Sport Studies (March 1990 to July 2000).
- Taught Principles of Strength and Conditioning (formerly Principles of Weight Training) through the Department of Kinesiology and Health (January 2012 to present).

**Physical-Education Instructor**

**Princeton University (NJ), September 1990 to March 2008**

- Taught a variety of physical-education classes (non-credit) to university students, faculty and staff including Adult Fitness, Introduction to Free Weights, Introductory Strength Training and Women-n-Weights.

**Instructor**

**Operational Tactics, Incorporated (MD), August 2003 to September 2008**

- Co-developed a SWAT (Special Weapons and Tactics) Fitness Specialist Certification Program and co-taught a variety of fitness classes to law-enforcement and military personnel. (Two-day programs were held in California, Colorado, Indiana, Maryland, New Jersey, New Mexico and New York.)

**Adjunct Instructor**

**The College of New Jersey (NJ), January 1996 to March 1999**

- Taught Weight Training through the Department of Health and Physical Education.

**Visiting Instructor**

**Rutgers University (NJ), January 1987 to April 1990**

- Taught Basic Strength Training (non-credit) in the "Fitness Connection" instructional program for university students, faculty and staff.
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**OTHER EXPERIENCES:**

**Global Team Member**

**Veterans Fitness Career College (CA), September 2012 to present**

- Provided advice on fitness education, mentorships, job placement and career guidance for military veterans.

**Contributing Editor**

**American Fitness magazine (CA), May 2009 to December 2017**

- Wrote a Q&A fitness column on a regular basis.

**Strength Coach Assistant (intern)**

**The Pennsylvania State University (PA), September 1982 to November 1982**

- Assisted in the design, administration and supervision of the strength and conditioning programs of varsity student-athletes.

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**OTHER EXPERIENCES (continued):**

**Strength Training Instructor/Fitness Instructor  
Wilkes-Barre YMCA (PA), June 1981 to September 1981**

- Designed, administered and supervised the strength and conditioning programs of local high-school athletes.
- Directed an Adult Fitness class in stretching, calisthenics and aerobic activities.

**Drill Instructor  
Marine Corps Recruit Depot San Diego (CA), August 1978 to August 1979**

- Provided basic instruction to three platoons of Marine recruits in the 3rd Battalion, K Company, in the areas of general knowledge, close order drill, physical fitness, rifle marksmanship and a variety of military subjects.
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**MILITARY:**

**United States Marine Corps, August 1975 to August 1979**

- Earned the Leatherneck Magazine Award for having the highest score in rifle marksmanship in his platoon during basic training (i.e., "boot camp"), November 1975.
  - Recommended for meritorious promotion to the rank of sergeant after 18 months of time in service, February 1977.
  - Recommended to attend Drill Instructor School as a 20-year-old corporal, November 1977.
  - Promoted meritoriously to the rank of sergeant, January 1978.
  - Earned a Rifle Expert Badge (three awards), October 1975, April 1977 and April 1978.
  - Awarded a Meritorious Mast for being named Marine of the Month, May 1978.
  - Graduated from Drill Instructor School, Class 5-78, at the age of 21; ranked #6 of the 28 Marines who successfully completed the training (which had an initial enrollment of 35 Marines in the program), August 1978.
  - Awarded a Good Conduct Medal, August 1978.
  - Awarded a Certificate of Merit for "successfully completing a demanding and rigorous tour of duty as a Marine Drill Instructor," August 1979.
  - Awarded a Drill Instructor Ribbon, effective August 1979.
  - Received an Honorable Discharge, effective June 1981.
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**EDUCATION:**

**The Pennsylvania State University, September 1979 to May 1983**

- Earned a Bachelor of Science degree in Health and Physical Education.
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**CERTIFICATIONS:**

- Accredited as a Certified Strength and Conditioning Specialist (C.S.C.S.) by the National Strength and Conditioning Association, July 1986 (certificate #86061).
- Received an honorary certification from the International Association of Resistance Trainers (Ontario, Canada) "based on life-experiences, and contributions to Exercise Science and Research and Intellectual Fortitude, Ethics, and Standards of Quality," September 2001.
- Certified as an instructor in Lay Responder First Aid and CPR/AED by the American Red Cross, March 2002.

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### PROFESSIONAL DISTINCTIONS:

- Introduced an equation ("the Brzycki formula") to predict a one-repetition maximum (1-RM) from repetitions-to-fatigue in a paper that has been cited in more than 1,060 research studies (according to ResearchGate), making it one of the most highly popular equations of its kind and a favorite of recreational weightlifters across the world, January 1993.
- Developed a correspondence course for Desert Southwest Fitness (Tucson, Arizona) that was used by strength and fitness professionals to update their certifications, July 1997 to September 2004. (The course was used for continuing education credits by as many as 19 international organizations.)
- Received a Certificate of Recognition from the International Association of Resistance Trainers (Ontario, Canada) for "outstanding achievement and contribution in exercise science," June 1999.
- Served as a Fellow at Forbes College, Princeton University, January 2001 to June 2009.
- Received a Certificate of Appreciation (Unsung Hero Award) from the Student Awards Committee "in recognition of service, encouragement, support and commitment in making Princeton University a better place for all students," April 2001.
- Served on the Alumni Society Board of Directors of the College of Health and Human Development, The Pennsylvania State University, September 2001 to July 2007. (Served as the Chair of the Awards Committee, April 2005 to July 2007.)
- Received a Certificate of Appreciation from Operational Tactics (Gaithersburg, Maryland) for instructing at the National SWAT/Sniper Symposium, January 2002.
- Received a Certificate of Appreciation from Operational Tactics (Gaithersburg, Maryland) for instructing at the National SWAT/Sniper Symposium, January 2003.
- Received a Certificate of Appreciation from Operational Tactics (Gaithersburg, Maryland) for instructing at the National SWAT/Sniper Symposium, January 2004.
- Appointed by the governor to serve on the New Jersey Council on Physical Fitness and Sports, May 2004 to December 2005.
- Appointed by the governor to serve on the New Jersey Obesity Prevention Task Force, December 2004 to July 2006.
- Recognized as a member of the Petersen Society, an organization for past members of the Alumni Society Board of Directors of the College of Health and Human Development, The Pennsylvania State University, July 2007 to present.
- Named as one of 16 "seasoned fitness industry experts and strategists" on the All Veteran "Special Operations Team" for the Veterans Fitness Career College (Ladera Ranch, CA), September 2012.
- Received a Citizen Award from the Princeton University Department of Public Safety for involvement in its fitness program, January 2018.
- Received a COVID Award from Princeton University for "exhibit[ing] extraordinary and exceptional contributions and performance to support the University's needs resulting from the COVID-19 pandemic," December 2020.
- Served as a Fellow at Whitman College, Princeton University, September 2022 to present.

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### ATHLETIC DISTINCTIONS:

- Placed first in the 165-pound class at the Base Powerlifting Championships (Marine Corps Base 29 Palms, California), August 1976.
  - Placed first in the 155-pound class at the Base Bench Press Championships (Marine Corps Base 29 Palms, California), May 1978.
  - Competed for the Penn State Powerlifting Team, January 1981 to March 1982.
  - Placed third in the lightweight class at the Mr. Wyoming Valley Bodybuilding Contest, June 1981.
  - Placed 10th in the 165-pound class at the Pennsylvania State Collegiate Powerlifting Championships, March 1982.
  - Qualified for the 2009 Summer National Senior Games in track and field (400 meters, M50-54), September 2008.
  - Won the 50-59 Sprints Division of the 2012 USATF New Jersey Masters Men Track and Field Grand Prix, December 2012.
  - Won the 50-59 Sprints Division of the 2013 USATF New Jersey Masters Men Track and Field Grand Prix, December 2013.
  - Ranked #65 in the US, #70 in North America and #191 in the world among men aged 55 to 59 in the 400-meter dash (with a time of 1:05.80), December 2013.
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### PUBLICATIONS:

- Authored eight books (*A Practical Approach to Strength and Conditioning*; *Youth Strength and Conditioning*; *Cross Training for Fitness*; *Wrestling Strength: Prepare to Win*; *Wrestling Strength: The Competitive Edge*; *Wrestling Strength: Dare to Excel*; *The Essential Guide to At-Home Training*; and *Wrestling Strength: Accept the Challenge*).
  - Co-authored seven books (*Conditioning for Basketball*; *SWAT Fitness*; *Conditioning for Baseball*; *The Female Athlete: Train for Success*; *The Female Athlete: Reach for Victory*; *Dumbbell Training for Strength and Fitness*; and *Youth Fitness: An Action Plan for Shaping America's Kids*).
  - Edited two books (*Maximize Your Training: Insights from Leading Strength and Fitness Professionals* and *Get Fit New Jersey!*).
  - Authored more than 530 articles/columns on strength and fitness that have been featured in 48 different print publications. (A complete list of publications is available upon request.)
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### PRESENTATIONS:

- Gave presentations at more than 100 conferences, clinics and camps throughout the United States and Canada, including . . .

American College of Sports Medicine's Health & Fitness Summit & Exposition (1999)  
Annual Strength & Conditioning/Athletic Development Conference (2012, 2013, 2014 and 2015)  
Athletic Business Conference & Expo (2009)  
The College of New Jersey Baseball Camp (1996, 1997 and 1998)  
The College of New Jersey Basketball Camp (1996)  
The College of New Jersey Cross Country Camp (1998, 1999, 2000 and 2002)  
The College of New Jersey Softball Camp (1997)  
The College of New Jersey Wrestling Camp (1996)  
The Exercise Coach Annual Conference (2023)  
FBI Law Enforcement Executive Development Seminar (2005)  
Greater New York Regional Chapter, American College of Sports Medicine, Annual Meeting (2011)  
HIT Resurgence Conference (2011, 2013 and 2014)  
Michigan State University Strength & Conditioning Clinic (2013)

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### PRESENTATIONS (continued):

- National Intramural Recreational Sports Association (NIRSA) Region I Conference (1995, 1996, 1998, 2000, 2003, 2007, 2013, 2020 and 2022)
- NSCA Strength and Conditioning Conference for Football (1996)
- National Strength & Science Seminar (2002 and 2003)
- New Jersey Association for Health, Physical Education, Recreation and Dance Annual Convention (1992 and 2009)
- Operational Tactics National SWAT/Sniper Symposium (2002, 2003 and 2004)
- The Pingry School Strength and Conditioning Camp (2008, 2009 and 2010)
- Princeton University Campus Life Symposium (2019)
- Princeton University Cross Country Camp (2004 and 2005)
- Princeton University Lacrosse Camp (1993, 1994 and 1995)
- Princeton University Strength & Speed Camp (2003)
- Princeton University Wrestling Camp (2000, 2002, 2004 and 2005)
- Resistance Exercise Conference (2023)
- Strength and Conditioning/Athletic Development New Jersey Clinic (2011, 2012, 2013, 2014 and 2015)
- Tampa Bay Buccaneer Strength and Conditioning Seminar (1999)
- Toronto Football Clinic (1997)
- United States Air Force Expeditionary Operations School (EOS) Professional Development and Team Building Conference (2019)
- Gave presentations to more than two dozen organizations and groups, including . . .
  - Central Intelligence Agency (2007)
  - Ivy League Meetings (1997 and 2011)
  - The Pentagon (2023)
  - Princeton Plasma Physics Laboratory (2008 and 2009)
  - Princeton University Black Men's Awareness Group (2004)
  - Princeton University Class of 2018 Last Lecture Series (2018)
  - Princeton University Department of Public Safety (2006)
  - Princeton University Employee Learning Center (2019, 2020, 2021 and 2022)
  - Princeton University Physics Department (2017)
  - Princeton University Wintersession (2019, 2020, 2021, 2022 and 2023)
  - United States Customs and Border Protection (2007)
  - United States Marine Corps, Recruiting Station New Jersey (2006)
  - United States Secret Service Academy (2004)
- Presented in 16 states: California, Colorado, Connecticut, Florida, Illinois, Indiana, Louisiana, Maryland, Michigan, Minnesota, New Jersey, New Mexico, New York, Ohio, Pennsylvania and Virginia.