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Instructor: Matt Brzycki, Princeton University Campus Recreation

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**Matt Brzycki**, BS, is the Assistant Director of Campus Recreation, Fitness at Princeton University. He has more than 37 years of experience in strength and fitness at the collegiate level, including the past 30+ years at Princeton. Matt has authored eight books, co-authored seven books and edited two books and has authored more than 530 articles/columns on strength and fitness that have been featured in 48 different print publications.