

MEET ANTHONY

I own two fitness studios called SETS and am an avid OCR (obstacle course race) athlete. Not only do I compete at a high level in Spartan Race, Tough Mudder, Rugged Maniac and Terrain Race on most of the weekends from April to November, but I also get to wake up at 4 AM Monday through Friday and help support an amazing group of people and their goals at my Hybrid Training studios (AKA my dream job).

My experience in the fitness industry has gone from scrubbing gym floors, to strength coaching at a D1 level and now to owning and operating two hybrid training studios (SETS Jackson and SETS Freehold). My passion and purpose is to help as many people as possible reach their goals, and I cannot wait to continue to build my team and network.

2018 Finishes:

- NJ Spartan Race Ultra (30 miles) - 3rd in division
- DC Spartan Spring - 1st in division
- NJ Rugged Maniac - 1st in division
- NJ Terrain Race - 3rd overall

UPCOMING EVENTS:

World's Toughest Mudder - November 2018
(75 mi obstacle course, 24 hrs)



OCCUPATION | Fitness Studio Owner

OBSSESSION | Obstacle Races
Ultra Races

GO-TO INSOLE | Light Orthotics

WORN SINCE | 2018

