



**SKY HIGH TRAINING, INC.**  
A Non Profit Corporation  
Tax ID# 33-0626431  
Web Site: [skyhightraining.org](http://skyhightraining.org)

**FITNESS APPRAISAL, INC.**  
Web Site: [healthyfirefightersusa.com](http://healthyfirefightersusa.com)

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## **Bob Antonacci, MEd Exercise Physiologist**

### **Specialization**

In implementing Health and Fitness Standards Programs For Firefighters with a goal to decrease the risk of chronic disease and improve firefighter performance through increased fitness development.

In developing and implementing sport specific conditioning programs for high level athletic achievement. The goal is accomplished through altitude training at the Sky High Training Center, physiological testing, ergonomic aids-supplementation and nutritional guidelines.

### **Education**

- Bachelors Degree in Physical Education, Iowa State University
- Masters Degree in Exercise Physiology with a Minor in Nutrition, Iowa State University
- American College of Sports Medicine Certifications- Exercise Specialist and Exercise Technician
- YMCA Certification- Advanced Fitness Specialist

## **Publication**

- Author of two wellness guides for PacificCare and Secure Horizons
- Author of two training guides for wrestling

## **1981- Present Owner Of Fitness Appraisal, Inc. DBA Healthy Firefighters USA**

- Thirty three years experience providing testing and consultation services to improve the health and fitness status of employees in the following public entities:

Numerous fire departments through California  
California Department of State and Game  
California Highway Patrol  
California Department of Corrections

## **2009-Present. Owner of Sky High Training Center, Inc.**

- Five years experience operating a high altitude training facility in Big Bear, CA for professional boxers, MMA fighters and other endurance athletes.

## **Professional- Team Coaching**

- Graduate Assistant Wrestling Coach, Iowa State University
- Assistant Wrestling Coach, Western Michigan University
- Former Head Wrestling Coach Torrey Pines High School, San Diego County
- Head Wrestling Coach Big Bear Middle School

## **Professional- Individual Coaching**

- Assisted Jordan Romero in his quest to become the youngest individual in the world to climb Mount Everest at age 13. Provided consultations and physiological testing including Cardio-Metabolic testing and blood profiles.



- ESPN Sports Science Consultant. Conducted Cardio-Metabolic testing and commentary on professional athletes including Randy Couture, Cain Valsquez, Carl Edwards (shown below) and Georges St-Pierre (shown below).



- Conditioning coach for Thierry Sokoudjou professional MMA fighter.



Conditioning consultant to Brenda Martinez (trained at the Sky High Training Center). Brenda won the Bronze medal in the 2013 World Championships in the 800 meters.



- Conditioning coach for during 6 week high altitude training camp for Ponce De Leon before his WBC title fight, which he won.



### **Personal Athletic Achievements**

- Held Guinness Book of World Records for most Push-Ups in 30 Minutes- 1,630
- Two-time NY State Wrestling Champ
- NY State Greco-Roman Champ
- Voted "10 Most Feared Wrestler" by Newsday
- Two-time Division I All American Wrestler at Iowa State University
- Runner up in the Veteran Freestyle Nationals
- 5th place finish in the USA Senior Freestyle Nationals
- Won numerous bench press contests. Benching 340 pounds-body weight 145.
- Mountain trail run competitor.



First place finish in 10 mile mountain trail run competition held in Big Bear, CA 2014.