



MARTIN DOLEŽAL

Service Facility for the Ministry of the Interior (Czech Republic)

Mgr. Martin Doležal is the Head Instructor and co-founder of the Optima project – Health, physical and mental conditioning of the members of the public safety organisations (implemented by the Department of Specialised Methodology of the Service Facility for the Ministry of the Interior of the Czech Republic) since 2015. He is also:

- Instructor of physical and mental conditioning of the public safety organisations (since 2011)
- Body conditioning and movement Trainer (since 1998)
- Originator and Head instructor of the CoreFit® training methodology Czech Republic (since 2012)
- Former Firefighter and member of Scuba-diver –rescue unit - Fire Rescue Service of the Czech Republic (2001 – 2011)
- Air Rescue training graduate - ARS USA (2014)
- Author of the publication Natural Functional Training (2013) and numerous professional articles
- Graduate of the Faculty of Physical Education and Sport at Charles University in the field of Physical Education – Psychology (2002)