

Brian L.



**Certified Personal Trainer
Team Member Since: 2012**

Education & Certifications

- AED (Automated External Defibrillator)
- American Council on Exercise - Personal Trainer Certification
- bodybugg® Calorie Management System Certification
- CPR Certification
- KETTLEBELL – Certified Kettlebell Instructor

Hobbies and Achievements

- Olympic Weightlifting
- Group Training Instructor - GT24
- HIIT Training
- Kettlebell Training
- Trail Running



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