

Matt J.



Master Trainer
Group X Instructor
Team Member Since: 2009
Sessions Serviced: 2,000 +

Education & Certifications

- BS in Kinesiology from California State University, San Marcos
- AED (Automated External Defibrillator)
- American Council on Exercise - Personal Trainer Certification
- bodybugg® Calorie Management System Certification
- CPR Certification
- National Academy of Sports Medicine - Certified Personal Trainer
- National Academy of Sports Medicine - Performance Enhancement Specialist
- TRX Suspension Training – Certified TRX Instructor

Hobbies and Achievements

- Triathlons
- Nutrition
- Published High Intensity Interval Training Study European Journal of Physiology (2010)



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