

# Todd S.



**Certified Personal Trainer**  
**Team Member Since: 2011**

## Education & Certifications

- BS in Kinesiology from California State University Monterey Bay
- AED (Automated External Defibrillator)
- bodybugg® Calorie Management System Certification
- CPR Certification
- National Exercise and Sports Trainers Assoc. - Personal Fitness Trainer
- National Strength and Conditioning Assoc. - Certified Personal Trainer
- TRX Suspension Training – Certified TRX Instructor

## Hobbies and Achievements

- Swimmer and Swim Instructor
- Strength Training
- Physical Therapy Aid - 3 years
- Weight Training
- Tennis
- Basketball



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