

Leo M.



Master Trainer
Team Member Since: 2011

Education & Certifications

- BA in Physical Education from Loma Linda University
- AED (Automated External Defibrillator)
- bodybugg® Calorie Management System Certification
- CPR Certification
- TRX Suspension Training – Certified TRX Instructor

Hobbies and Achievements

- Certificate Women, Weights and Results (IDEA)
- Certificate ABS LAB Intensive-CEC Course
- TRX Suspension Training Course L1



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