

# Christian W.



**Certified Personal Trainer**  
**Team Member Since: 2013**

## Education & Certifications

- AED (Automated External Defibrillator)
- CPR Certification
- National Exercise and Sports Trainers Assoc. - Personal Fitness Trainer

## Hobbies and Achievements

- MMA competition and training for upcoming fights
- Brazilian jiu jitsu practitioner and active competitor since 2010
- Muay thai kickboxing
- Bodybuilding
- Studying philosophy



For more info about this trainer,  
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