

Mike I.



Certified Personal Trainer
Team Member Since: 2011

Education & Certifications

- BA in Radio/TV/Film Broadcasting from University of La Verne
- AED (Automated External Defibrillator)
- bodybugg® Calorie Management System Certification
- CPR Certification
- National Academy of Sports Medicine - Corrective Exercise Specialist
- National Academy of Sports Medicine - Certified Personal Trainer
- National Exercise and Sports Trainers Assoc. - Personal Fitness Trainer
- TRX Suspension Training – Certified TRX Instructor

Hobbies and Achievements

- Triathlons, 5K, 10K, Half Marathons, Cycling
- University Water Polo and Swimming
- Lifeguard/Water Safety Instructor (American Red Cross Certified)
- Rock climbing, backpacking, hiking, camping - (Eagle Scout)



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