

# Brian G.



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

## Education & Certifications

- AED (Automated External Defibrillator)
- bodybugg® Calorie Management System Certification
- CPR Certification
- National Council on Strength and Fitness - Personal Trainer
- World Instructor Training School - Personal Trainer Certification

## Hobbies and Achievements

- 2006 NPC East Coast Classic Teens-1st Place
- 2006 NPC East Coast Classic Juniors-2nd Place
- 2007 NPC East Coast Classic Mens Open Lt. Heavyweight-6th Place
- 2006-2010 U.S. Air Force Reserves
- Bodybuilding, Nutrition, Football, Street Bikes



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