

Chris V.



Master Trainer
Team Member Since: 2012
Sessions Serviced: 2,000 +

Education & Certifications

- AED (Automated External Defibrillator)
- bodybugg® Calorie Management System Certification
- CPR Certification
- National Academy of Sports Medicine - Corrective Exercise Specialist
- National Council on Strength and Fitness - Personal Trainer
- TRX Suspension Training – Certified TRX Instructor

Hobbies and Achievements

- Fitness Nutrition for special dietary needs
- Bosu strength and athletic conditioning from Bosu Fitness LLC
- Competed in physique competition in 2013
- Bodybuilding and functional training



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