

Sam L.



**Certified Personal Trainer
Team Member Since: 2012**

Education & Certifications

- BS in Sports Studies with Business Management from University of Worcester
- AED (Automated External Defibrillator)
- bodybugg® Calorie Management System Certification
- CPR Certification
- National Exercise and Sports Trainers Assoc. - Personal Fitness Trainer
- TRX Suspension Training – Certified TRX Instructor

Hobbies and Achievements

- USA Rugby D1 National Champion 2012
- Awarded Professional Athlete Visas
- Cooking
- Athletic Performance
- Beach Lifestyle



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