

Tyler S.



Certified Personal Trainer
Team Member Since: 2012

Education & Certifications

- BS in Kinesiology from Chico State University
- AED (Automated External Defibrillator)
- American College of Sports Medicine - Certified Personal Trainer
- CPR Certification
- National Council on Strength and Fitness - Personal Trainer

Hobbies and Achievements

- Cross Fit Competitor 2011
- Boxing and focus Mitt Training
- Injury prevention and tension release
- Training for board sports



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