

# Ed O.



**Master Trainer**  
**Fitness Manager**  
**Team Member Since: 2005**

## Education & Certifications

- BS in Exercise Science from Springfield College
- MS in Exercise Physiology/Strength and Conditioning from Springfield College
- AED (Automated External Defibrillator)
- CPR Certification
- KETTLEBELL – Certified Kettlebell Instructor
- National Academy of Sports Medicine - Corrective Exercise Specialist
- National Academy of Sports Medicine - Performance Enhancement Specialist
- National Strength and Conditioning Assoc. - Certified Strength and Conditioning Specialist®

## Hobbies and Achievements

- NHL Internship
- Worked on Biggest Loser
- Trained NFL,NHL players
- Hiking
- Playing guitar and writing music



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