

Jeff A.



Certified Personal Trainer
Team Member Since: 2010

Education & Certifications

- BS in Kinesiology from San Diego State University
- AED (Automated External Defibrillator)
- CPR Certification

Hobbies and Achievements

- I love playing Basketball.
- Weight Lifting.
- Plyometric Training.
- I came back from a compound fracture (Left leg, 2008).
- I played for my junior college basketball teams.



For more info about this trainer,
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24hourfitness.com/personaltraining

Club ID: 154