

Ben L.



Master Trainer
Team Member Since: 2011
Sessions Serviced: 2,000 +

Education & Certifications

- BS in Business Law from California State University Northridge
- AED (Automated External Defibrillator)
- bodybugg® Calorie Management System Certification
- CPR Certification
- National Academy of Sports Medicine - Corrective Exercise Specialist
- National Academy of Sports Medicine - Performance Enhancement Specialist
- National Council on Strength and Fitness - Personal Trainer
- TRX Suspension Training – Certified TRX Instructor

Hobbies and Achievements

- Surfing
- Snowboarding
- Volleyball
- Triathlons
- Marathons



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