

Kei H.



Master Trainer
Team Member Since: 2011

Education & Certifications

- BS in Kinesiology from University of Southern California
- AED (Automated External Defibrillator)
- CPR Certification
- National Academy of Sports Medicine - Corrective Exercise Specialist
- National Strength and Conditioning Assoc. - Certified Strength and Conditioning Specialist®
- TRX Suspension Training – Certified TRX Instructor

Hobbies and Achievements

- Basketball
- Golf
- Swimming
- Guitar
- Cooking



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