

# Armando U.



Team Member Since: 2000

## Education & Certifications

- BS in Kinesiology/Exercise Science from California State University Los Angeles
- Aerobic and Fitness Association of America - Personal Trainer Certification
- American College of Sports Medicine - Personal Trainer Certification
- CPR Certification
- International Fitness Professionals Association - Personal Fitness Trainer Certification
- National Academy of Sports Medicine - Corrective Exercise Specialist
- National Academy of Sports Medicine - Certified Personal Trainer
- National Academy of Sports Medicine - Performance Enhancement Specialist

## Hobbies and Achievements

- Hiking with my dogs
- Going to concerts
- Weekend warrior



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Club ID: 173

