

# Naoto K.



**Master Trainer**  
**Team Member Since: 2008**

## Education & Certifications

- BS Degree in Biology - Indiana University, South Bend
- 24 Hour Fitness - Certified Personal Trainer
- American College of Sports Medicine - Personal Trainer Certification
- CPR 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
- National Strength and Conditioning Assoc. - Certified Strength and Conditioning Specialist®
- National Strength and Conditioning Assoc. - Certified Personal Trainer

## Hobbies and Achievements

- Working out
- Reading
- Dining



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Club ID: 184

