

Annette L.



Master Trainer
Team Member Since: 2006

Education & Certifications

- BS in Human Biology from Stanford University
- AED (Automated External Defibrillator)
- 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 Council on Strength and Fitness - Personal Trainer
- TRX Suspension Training – Certified TRX Instructor

Hobbies and Achievements

- Reading
- Playing the guitar
- Playing video games



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Club ID: 219