

# Tony L.



**Master Trainer**  
**Group X Instructor**  
**Team Member Since: 2006**

## Education & Certifications

- BS in Chemical Engineering from Texas A&M University
- AED (Automated External Defibrillator)
- CPR Certification
- National Academy of Sports Medicine - Certified Personal Trainer
- National Academy of Sports Medicine - Performance Enhancement Specialist
- TRX Suspension Training – Certified TRX Instructor

## Hobbies and Achievements

- TRX Suspension Training and Group Suspension Training
- P90X Certified Trainer
- Schwinn Indoor Cycling Instructor
- Trigger Point Therapy Ultimate 6+



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Club ID: 313