

Omar H.



Master Trainer
Assistant Fitness Manager
Team Member Since: 2001

Education & Certifications

- BS in Exercise Science from Metropolitan State College Denver
- AED (Automated External Defibrillator)
- American College of Sports Medicine - Certified Health Fitness Specialist
- American Council on Exercise - 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®

Hobbies and Achievements

- Fly fishing
- Video games
- Yoga
- Gambling



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