

Jeff B.



Master Trainer
Team Member Since: 2009
Sessions Serviced: 2,000 +

Education & Certifications

- BS in Health Promotion & Human Performance, minor in Nutrition from Oklahoma State University
- AED (Automated External Defibrillator)
- bodybugg® Calorie Management System Certification
- Cooper Institute - Biomechanics of Resistance Training
- Cooper Institute - Personal Trainer Certification
- CPR Certification

Hobbies and Achievements

- Sports
- International travel
- Outdoors



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