

Travis S.



Master Trainer
Team Member Since: 2009
Sessions Serviced: 5,000 +

Education & Certifications

- AED (Automated External Defibrillator)
- bodybugg® Calorie Management System Certification
- CPR Certification
- KETTLEBELL – Certified Kettlebell Instructor
- National Academy of Sports Medicine - Certified Personal Trainer
- National Academy of Sports Medicine - Performance Enhancement Specialist
- National Strength and Conditioning Assoc. - Certified Personal Trainer
- TRX Suspension Training – Certified TRX Instructor
- USA Weightlifting Certification

Hobbies and Achievements

- RKC/SFG Kettlebell Instructor Lvl 1 (2012)
- Hanging out with family and friends
- Music, movies, and eating
- Working out



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