

Nena W.



Master Trainer
Team Member Since: 2011

Education & Certifications

- BA in Kinesiology from Arizona State University
- AED (Automated External Defibrillator)
- CPR Certification
- National Exercise and Sports Trainers Assoc. - Personal Fitness Trainer

Hobbies and Achievements

- Promoted to Master Trainer in 2013
- Corrective, preventative, and rehabilitation exercise specialist
- Skiing, wakeboarding, and jet skiing
- Working out, especially abs and core
- Reading personal development books, and writing my own novel



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