

# Kelly C.



**Master Trainer**  
Team Member Since: 2007

## Education & Certifications

- Cooper Institute - Biomechanics of Resistance Training
- CPR Certification
- National Exercise and Sports Trainers Assoc. - Personal Fitness Trainer
- National Federation of Professional Trainers - Personal Trainer
- The National Personal Training Institute - Personal Training Certification
- TRX Suspension Training – Certified TRX Instructor

## Hobbies and Achievements

- World travel
- Running
- Cooking



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