

Jake G.



Certified Personal Trainer
Team Member Since: 2011

Education & Certifications

- AED (Automated External Defibrillator)
- American Council on Exercise - Lifestyle and Weight Management Coach
- bodybugg® Calorie Management System Certification
- CPR Certification
- National Academy of Sports Medicine - Corrective Exercise Specialist
- National Council on Strength and Fitness - Personal Trainer

Hobbies and Achievements

- 6 time world Powerlifting Champion, 2006-2011
- Motorcycling
- Hiking
- Mountain Climbing
- Powerlifting



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