

Jeff B.



Master Trainer
Team Member Since: 2005
Sessions Serviced: 5,000 +

Education & Certifications

- BA in Communication and Political Science from University of Washington
- AED (Automated External Defibrillator)
- CPR Certification
- National Academy of Sports Medicine - Corrective Exercise Specialist
- National Academy of Sports Medicine - Certified Personal Trainer
- National Exercise and Sports Trainers Assoc. - Personal Fitness Trainer

Hobbies and Achievements

- Working out hard!
- Love football
- Outdoor sports and activities



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