

John P.



Master Trainer
Team Member Since: 2012
Sessions Serviced: 2,000 +

Education & Certifications

- BS in Exercise Science from Portland State University
- BS in Teacher Education from Portland State University
- MS in Exercise Sports Studies and Physical Education from Portland State University
- AED (Automated External Defibrillator)
- CPR Certification
- TRX Suspension Training – Certified TRX Instructor

Hobbies and Achievements

- Black Belt in Tae Kwon Do
- Over 20 years experience in the fitness industry
- ADFPA (American Drug-Free Powerlifting Federation) Hawaii State Powerlifting Champion - 1996
- Gives lectures on medical terminology, anatomy and physiology at a local college



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