

Ben W.



Certified Personal Trainer
Group X Instructor
Team Member Since: 2010

Education & Certifications

- BS in Exercise Physiology, minor in Chemistry and Spanish from University of Utah
- AED (Automated External Defibrillator)
- CPR Certification
- National Academy of Sports Medicine - Corrective Exercise Specialist
- National Academy of Sports Medicine - Certified Personal Trainer

Hobbies and Achievements

- Biking
- Cooking
- Swimming



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