

# Jeremy F.



**Certified Personal Trainer**  
**Team Member Since: 2010**

## Education & Certifications

- BS in Exercise Science from California State University Sacramento
- CPR Certification
- National Academy of Sports Medicine - Certified Personal Trainer
- National Strength and Conditioning Assoc. - Certified Strength and Conditioning Specialist®

## Hobbies and Achievements

- Fitness modeling
- Reading
- Spending time with my wife
- USA Weightlifting Club Coach



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