

Johnny G.



Certified Personal Trainer
Team Member Since: 2011

Education & Certifications

- BA in Kinesiology - Exercise and Movement Science from San Francisco State University
- AED (Automated External Defibrillator)
- CPR Certification
- National Academy of Sports Medicine - Performance Enhancement Specialist
- National Council on Strength and Fitness - Personal Trainer
- National Exercise and Sports Trainers Assoc. - Personal Fitness Trainer

Hobbies and Achievements

- Functional, Metabolic Resistance Training
- Powerlifting and Sports Performance
- Baseball, Swimming, Cycling, Tennis, Beach Volleyball
- Eating Clean
- Bodyboarding



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