

John L.



Certified Personal Trainer
Group X Instructor
Team Member Since: 2011

Education & Certifications

- BS in Biological Sciences from UC Davis
- AED (Automated External Defibrillator)
- bodybugg® Calorie Management System Certification
- CPR Certification
- National Academy of Sports Medicine - Corrective Exercise Specialist
- National Academy of Sports Medicine - Certified Personal Trainer
- National Academy of Sports Medicine - Performance Enhancement Specialist

Hobbies and Achievements

- Bodybuilding
- Strength Training
- Basketball and Baseball Fanatic
- Tough Mudder Finisher



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