

Masayo S.



Master Trainer
Team Member Since: 2002
Sessions Serviced: 10,000 +

Education & Certifications

- 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
- National Academy of Sports Medicine - Sports Fitness Specialist
- TRX Suspension Training – Certified TRX Instructor

Hobbies and Achievements

- Overall Winner in Figure Masters - Paradise Cup 10 Ikaika 11 Stingrey 12
- Official Judge of National Physique Committee
- Photography
- Exploring Nature
- Travelling by small aircraft



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