

# Jeff V.

## Education & Certifications

- BA in Journalism and Mass Communications from University of Northern Colorado
- BA in Sociology-Africana Studies from University of Northern Colorado
- AED (Automated External Defibrillator)
- American Council on Exercise - Personal Trainer Certification
- CPR Certification
- TRX Suspension Training – Certified TRX Instructor



**Certified Personal Trainer**  
**Group X Instructor**  
**Fitness Manager**  
**Team Member Since: 2011**

## Hobbies and Achievements

- Division 1 Track and Field Independent All-American
- Division 1 Football athlete
- Olympic & Power Based Lifts
- Plyometric Based Sports Performance



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