

Elston H.



Certified Personal Trainer
Team Member Since: 2012

Education & Certifications

- BA in Business Administration from Western Oregon University
- AED (Automated External Defibrillator)
- American Council on Exercise - Personal Trainer Certification
- CPR Certification

Hobbies and Achievements

- 2003 Pole Vault District Champion
- 2003 District Runner Up Long Jump
- 2003 School Record - Power Clean 326lbs
- Collegiate Decathlete
- 2001-2003 Track and Field Team Champions



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