

Chris W.



Certified Personal Trainer
Team Member Since: 2009

Education & Certifications

- BS in Business - Marketing from California State University, Sacramento
- AED (Automated External Defibrillator)
- 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 Council on Strength and Fitness - Personal Trainer

Hobbies and Achievements

- NPC (National Physique Committee) body building competitor
- Wine tasting



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