

Allen C.



Certified Personal Trainer
Team Member Since: 2012

Education & Certifications

- BA in Sports and Health Science from University of Hawaii Manoa
- AED (Automated External Defibrillator)
- CPR Certification
- National Academy of Sports Medicine - Performance Enhancement Specialist
- National Council on Strength and Fitness - Personal Trainer

Hobbies and Achievements

- Surfing
- Olympic Weightlifting



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