

# Lei E.



**Certified Personal Trainer**  
**Master Trainer**  
**Group X Instructor**  
**Team Member Since: 2009**  
**Sessions Serviced: 5,000 +**

## Education & Certifications

- BS in Exercise Science from University of Puget Sound
- MS in Exercise Science and Health Promotion; Injury Prevention and Performance Enhancement from California University of Pennsylvania
- 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

## Hobbies and Achievements

- Hiking, Triathlons, Paddling
- Functional Training ( TRX, Bosu, Kettlebells)
- Range of Motion / Mobility Training
- Senior Fitness Training
- Injury Prevention and Youth Fitness Education



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[24hourfitness.com/personaltraining](http://24hourfitness.com/personaltraining)

Club ID: 593