

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