Phil L.



Certified Personal Trainer Team Member Since: 2013

Education & Certifications

- BS in Exercise Science from William Paterson University
- AED (Automated External Defibrillator)
- CPR Certification
- National Academy of Sports Medicine Certified Personal Trainer

Hobbies and Achievements

- Running
- Crossfit
- Tough Mudder/Spartan Race
- Basketball
- Football



For more info about this trainer, scan this code with your smart phone or visit:

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