

# Jeremy J.



**Certified Personal Trainer  
Team Member Since: 2010**

## Education & Certifications

- BA in Business from University of Central Oklahoma
- AED (Automated External Defibrillator)
- American Council on Exercise - Personal Trainer Certification
- bodybugg® Calorie Management System Certification
- CPR Certification
- National Council on Strength and Fitness - Personal Trainer
- National Exercise and Sports Trainers Assoc. - Personal Fitness Trainer
- TRX Suspension Training – Certified TRX Instructor

## Hobbies and Achievements

- Body building and power lifting
- 2005 First Place - Oklahoma State Powerlifting Championship - Light Heavy Weight Class
- 2009 First Place - Colorado State Body Building Championship - Novice Light Heavy Weight Class
- Hunting, fishing, camping and sky diving
- Nutrition



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

**Club ID: 663**