

Tyler H.



Certified Personal Trainer
Team Member Since: 2010

Education & Certifications

- BS in Criminal Justice from University of Colorado Denver
- AED (Automated External Defibrillator)
- bodybugg® Calorie Management System Certification
- CPR Certification
- National Academy of Sports Medicine - Certified Personal Trainer
- 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
- Mens physique competitions
- Basketball
- Outdoor sports



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