

# Heidi H.



**Certified Personal Trainer**  
**Master Trainer**  
**Group X Instructor**  
**Team Member Since: 2012**  
**Sessions Serviced: 2,000 +**

## Education & Certifications

- BS in Exercise Science from University of Texas at Arlington
- AED (Automated External Defibrillator)
- Cooper Institute - Biomechanics of Resistance Training
- CPR Certification
- National Exercise and Sports Trainers Assoc. - Personal Fitness Trainer

## Hobbies and Achievements

- 2014 INBA Lonestar State Bikini Champion
- 2013 INBA Natural Nationals Top 3 Figure Competitor
- 2013 INBA Lonestar State Figure Champion
- Basketball and mud runs (Spartan Beast and Tough Mudder)
- Former collegiate pole vaulter



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