

Jeff B.



Master Trainer
Team Member Since: 2006
Sessions Serviced:5,000 +

Education & Certifications

- AED (Automated External Defibrillator)
- Cooper Institute - Biomechanics of Resistance Training
- Cooper Institute - Master Fitness Specialist
- Cooper Institute - Personal Trainer Certification
- CPR Certification

Hobbies and Achievements

- Meeting new people
- Music
- Sports



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