

Sam L.



Certified Personal Trainer
Team Member Since: 2011

Education & Certifications

- BA in Marketing from Missouri State University
- bodybugg® Calorie Management System Certification
- CPR Certification
- National Academy of Sports Medicine - Certified Personal Trainer
- National Academy of Sports Medicine - Performance Enhancement Specialist

Hobbies and Achievements

- Coaching gymnastics, trampoline and tumbling
- Coaching high school cheerleading
- Competed in the AAU Junior Olympic Games in elite level trampoline and tumbling: 2006 - 2008



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