

Miguel G.



Master Trainer
Team Member Since: 2007
Sessions Serviced: 5,000 +

Education & Certifications

- AED (Automated External Defibrillator)
- CPR Certification
- International Sports Sciences Assoc. - Personal Trainer Certification
- National Academy of Sports Medicine - Corrective Exercise Specialist
- National Academy of Sports Medicine - Certified Personal Trainer
- National Academy of Sports Medicine - Performance Enhancement Specialist

Hobbies and Achievements

- Physique competitor
- Nutrition
- Gamer
- Personal growth books



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