

Derek A.



Team Member Since: 2009

Education & Certifications

- Cooper Institute - Biomechanics of Resistance Training
- CPR 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

- Cars
- Computers
- Spending time with family and friends
- Video games
- Weight training



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