

Giuseppe S.



**Certified Personal Trainer
Team Member Since: 2014**

Education & Certifications

- MS in Exercise Science from Florida Atlantic University
- AED (Automated External Defibrillator)
- CPR Certification
- National Strength and Conditioning Assoc. - Certified Strength and Conditioning Specialist®
- USA Weightlifting Certification

Hobbies and Achievements

- Playing sports with my kids
- Coaching youth soccer
- CrossFit and Olympic weightlifting
- Hiking
- Cycling



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