

# Chad S.



**Certified Personal Trainer**  
**Master Trainer**  
**Fitness Manager**  
**Team Member Since: 2010**  
**Sessions Serviced: 5,000 +**

## Education & Certifications

- BS in Kinesiology from California Polytechnic State University San Luis Obispo
- AED (Automated External Defibrillator)
- bodybugg® Calorie Management System Certification
- CPR Certification
- KETTLEBELL – Certified Kettlebell Instructor
- National Academy of Sports Medicine - Certified Personal Trainer
- National Council on Strength and Fitness - Personal Trainer
- TRX Suspension Training – Certified TRX Instructor

## Hobbies and Achievements

- Track and field
- Water polo
- Paintball
- Coaching



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