

Trent T.



Certified Personal Trainer
Team Member Since: 2014

Education & Certifications

- BS in Exercise Science from California State University, Fresno
- AED (Automated External Defibrillator)
- American College of Sports Medicine - Certified Personal Trainer
- CPR Certification

Hobbies and Achievements

- Outdoor Activities and Any Sports
- Amateur Strongman Athlete
- Northern Nevada Strongest Man 1st place 2013 231s weight class
- Santa Cruz Strength Challenge 3rd place 2013 231s weight class
- Helping people reach their goals



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