

# Michael S.



**Certified Personal Trainer**  
Team Member Since: 2013

## Education & Certifications

- BS in Kinesiology from Humboldt State University
- AED (Automated External Defibrillator)
- American College of Sports Medicine - Certified Health Fitness Specialist
- bodybugg® Calorie Management System Certification
- CPR Certification

## Hobbies and Achievements

- All Sports
- Music
- Exercise
- Hikes



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