

Taka K.



Certified Personal Trainer
Team Member Since: 2010

Education & Certifications

- AED (Automated External Defibrillator)
- CPR Certification
- International Sports Sciences Assoc. - Personal Trainer 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

- Music
- Weightlifting
- Boxing
- Hiking, Backpacking and Being Outdoors



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