

Alan Y.



Team Member Since: 2010

Education & Certifications

- AED (Automated External Defibrillator)
- CPR Certification
- National Exercise and Sports Trainers Assoc. - Personal Fitness Trainer

Hobbies and Achievements

- 5k and 10k runs
- Achieved 1000 continuous squats
- Professional exhibition wrestling
- Mountain biking



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