

Jesse L.



Certified Personal Trainer
Team Member Since: 2012

Education & Certifications

- BS in Kinesiology- Fitness Specialist from San Diego State University
- AED (Automated External Defibrillator)
- CPR Certification
- National Academy of Sports Medicine - Corrective Exercise Specialist
- National Academy of Sports Medicine - Certified Personal Trainer
- National Academy of Sports Medicine - Sports Fitness Specialist
- National Strength and Conditioning Assoc. - Certified Personal Trainer

Hobbies and Achievements

- Sports Performance
- Kettlebell Training
- Strength and Conditioning



For more info about this trainer,
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24hourfitness.com/personaltraining

Club ID: 872