

James A.



Certified Personal Trainer
Team Member Since: 2010

Education & Certifications

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

Hobbies and Achievements

- Long distance cycling- 2 years experience
- Football- Tesoro High School (2 Time CIF League Champion)
- Track & Field- Tesoro High School
- Marathon running- 2 marathons



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