

Chris S.



Certified Personal Trainer
Team Member Since: 2011

Education & Certifications

- BA in Nutrition from San Jose State
- AED (Automated External Defibrillator)
- American Fitness Professionals and Associates Certification
- bodybugg® Calorie Management System Certification
- CPR Certification

Hobbies and Achievements

- Love to fish
- Won the LA 2009 bodybuilding Championships



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