

# Amanda V.



**Certified Personal Trainer  
Team Member Since: 2007**

## Education & Certifications

- BS in Marketing, Integrated Marketing Communications from San Diego State University
- AED (Automated External Defibrillator)
- bodybugg® Calorie Management System Certification
- CPR Certification
- National Council on Strength and Fitness - Personal Trainer
- National Exercise and Sports Trainers Assoc. - Personal Fitness Trainer

## Hobbies and Achievements

- Specializes in weight loss, nutrition, power lifting, functional training
- Completed Americas Finest City Half-Marathon in 2011
- Competed in 2013 NPC Southern California Bikini Championships
- Passionate about weight lifting, surfing, hiking, yoga and dancing



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