

# Albert L.



**Certified Personal Trainer**  
**Team Member Since: 2012**  
**Sessions Serviced: 5,000 +**

## Education & Certifications

- MS from University of Southern California
- BA from University of California, Irvine
- AED (Automated External Defibrillator)
- CPR Certification
- National Strength and Conditioning Assoc. - Certified Strength and Conditioning Specialist®
- National Strength and Conditioning Assoc. - Certified Personal Trainer

## Hobbies and Achievements

- Single Subject Teaching Credentials from National University
- High School Strength & Conditioning Coach
- Olympic Weightlifting
- Football Coach



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