

Kaelen S.



**Certified Personal Trainer
Parisi Performance Coach
Team Member Since: 2011**

Education & Certifications

- BS in Kinesiology from CSU Monterey Bay
- AED (Automated External Defibrillator)
- CPR Certification
- National Strength and Conditioning Assoc. - Certified Personal Trainer
- TRX Suspension Training – Certified TRX Instructor

Hobbies and Achievements

- I play soccer because I like competing and playing at a high level.
- I use powerlifting techniques to improve my own personal strength.
- I enjoy learning about fitness.
- I value the time I spend with my family.



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