

# Lara M.



**Master Trainer**  
**Team Member Since: 2010**  
**Sessions Serviced: 5,000 +**

## Education & Certifications

- BA in Psychology from University of California, Los Angeles
- AED (Automated External Defibrillator)
- CPR Certification
- National Academy of Sports Medicine - Corrective Exercise Specialist
- National Academy of Sports Medicine - Certified Personal Trainer
- National Academy of Sports Medicine - Fitness Nutrition Specialist
- National Academy of Sports Medicine - Performance Enhancement Specialist
- TRX Suspension Training – Certified TRX Instructor

## Hobbies and Achievements

- Video games
- Tough Mudder
- Weightlifting
- Cooking



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