

# Grant U.



## Education & Certifications

- BS in Kinesiology from California State University, Fullerton
- AED (Automated External Defibrillator)
- CPR Certification
- National Strength and Conditioning Assoc. - Certified Strength and Conditioning Specialist®
- USA Weightlifting Certification

## Hobbies and Achievements

- Olympic Weightlifting
- Watching Sports

Personal trainer,

scan this code with your smart phone or visit:

Certified Personal Trainer  
Team Member Since 2013

[24hourfitness.com/personaltraining](http://24hourfitness.com/personaltraining)

