

Spencer H.



**Certified Personal Trainer
Team Member Since: 2010**

Education & Certifications

BS in Exercise Science from Central Washington University, Minor in Athletic Training

- AED (Automated External Defibrillator)
- American Council on Exercise - Personal Trainer Certification
- bodybugg® Calorie Management System Certification
- CPR Certification

Hobbies and Achievements

- Assistant Strength Coach at Seattle University - 1 year
- Camping
- Croquet
- International sports (Futbol)



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