

# Jeremy Z.

## Education & Certifications

- BS in Applied Exercise Science from Azusa Pacific University
- AED (Automated External Defibrillator)
- bodybugg® Calorie Management System Certification
- CPR Certification
- National Academy of Sports Medicine - Certified Personal Trainer
- National Academy of Sports Medicine - Performance Enhancement Specialist
- TRX Suspension Training – Certified TRX Instructor



**Certified Personal Trainer**  
**Team Member Since: 2013**

## Hobbies and Achievements

- Playing/watching football
- Weight lifting
- Scuba diving
- Line dancing
- Beach volleyball



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