

# Andrew L.



**Certified Personal Trainer**  
**Group X Instructor**  
**Team Member Since: 2012**

## Education & Certifications

- AED (Automated External Defibrillator)
- bodybugg® Calorie Management System Certification
- CPR Certification
- International Sports Sciences Assoc. - Personal Trainer Certification
- National Academy of Sports Medicine - Performance Enhancement Specialist
- National Strength and Conditioning Assoc. - Certified Personal Trainer

## Hobbies and Achievements

- National Junior College Athletic Assoc. Wrestler
- All Navy Wrestling Team
- Competitive No Gi Grappler
- USS John C. Stennis Strong Man Champion 2009
- Revolution No Gi Tournament Champion 183 lbs in 2010
- Hunting



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