

# Brandon S.



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

## Education & Certifications

- BA in Exercise & Sport Science - Pre-Physical Therapy from Concordia University, Irvine
- AED (Automated External Defibrillator)
- CPR Certification
- KETTLEBELL – Certified Kettlebell Instructor
- National Strength and Conditioning Assoc. - Certified Personal Trainer

## Hobbies and Achievements

- Gymnastics/calisthenics/bar-work
- Hiking
- Physical fitness award, 2007
- Swimming
- Snowboarding



For more info about this trainer,  
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[24hourfitness.com/personaltraining](http://24hourfitness.com/personaltraining)

Club ID: 143