

# Fredrik K.



Team Member Since: 2002

## Education & Certifications

- BS in Civil Engineering from Oregon State University
- 24 Hour Fitness - Certified Personal Trainer
- CPR Certification
- International Sports Sciences Assoc. - Personal Trainer Certification
- National Academy of Sports Medicine - Corrective Exercise Specialist
- National Academy of Sports Medicine - Certified Personal Trainer
- National Academy of Sports Medicine - Performance Enhancement Specialist

## Hobbies and Achievements

- House music
- Soccer
- Travel



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

Club ID: 228

