

# Zach G.



**Certified Personal Trainer**  
**Team Member Since: 2012**

## Education & Certifications

- BS in Exercise Sport Science from University of Utah
- MS in Health, Physical Education, and Recreation from Utah State University
- AED (Automated External Defibrillator)
- CPR Certification
- National Strength and Conditioning Assoc. - Certified Strength and Conditioning Specialist®

## Hobbies and Achievements

- Olympic weight lifting
- Baseball
- Football
- Utah State Summer Games, 2011 Clean and Jerk Record Holder - 286lbs



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

Club ID: 343