

# Stan W.



**Master Trainer**  
**Team Member Since: 1995**

## Education & Certifications

- BS in Exercise Physiology from San Diego State University
- American Council on Exercise - Personal Trainer Certification
- CPR Certification
- National Academy of Sports Medicine - Certified Personal Trainer
- National Exercise and Sports Trainers Assoc. - Personal Fitness Trainer

## Hobbies and Achievements

- Basketball officiating
- Cooking
- Video games
- Adaptive exercise and rehabilitation
- Strength and conditioning



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