

# Brett P.

## Education & Certifications

- AED (Automated External Defibrillator)
- CPR Certification
- KETTLEBELL – Certified Kettlebell Instructor
- National Academy of Sports Medicine - Certified Personal Trainer
- TRX Suspension Training – Certified TRX Instructor



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

## Hobbies and Achievements

- Arizona Wrestling State Champion, 2004
- Regional Wrestling Champion, 2000-2004
- Arizona Freestyle State Champion, 2005
- Mixed Martial Arts Competitor, 2003-Present



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