

# Jesse L.

## Education & Certifications

- BS in Kinesiology- Fitness Specialist from San Diego State University
- AED (Automated External Defibrillator)
- CPR Certification
- National Academy of Sports Medicine - Corrective Exercise Specialist
- National Academy of Sports Medicine - Certified Personal Trainer
- National Academy of Sports Medicine - Sports Fitness Specialist
- National Strength and Conditioning Assoc. - Certified Personal Trainer



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

## Hobbies and Achievements

- Sports Performance
- Kettlebell Training
- Strength and Conditioning



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

Club ID: 872

