

# Paul S.



**Master Trainer**  
**Team Member Since: 2000**  
**Sessions Serviced:15,000 +**

## Education & Certifications

- BS in Kinesiology from University of New Hampshire
- AED (Automated External Defibrillator)
- bodybugg® Calorie Management System Certification
- CPR Certification
- National Academy of Sports Medicine - Certified Personal Trainer
- National Academy of Sports Medicine - Performance Enhancement Specialist
- National Exercise and Sports Trainers Assoc. - Personal Fitness Trainer
- National Strength and Conditioning Assoc. - Certified Personal Trainer
- TRX Suspension Training – Certified TRX Instructor

## Hobbies and Achievements

- Black Belt Kempo
- Boxing
- Hiking
- Kayaking
- Brazilian Jiu-Jitsu



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Club ID: 888