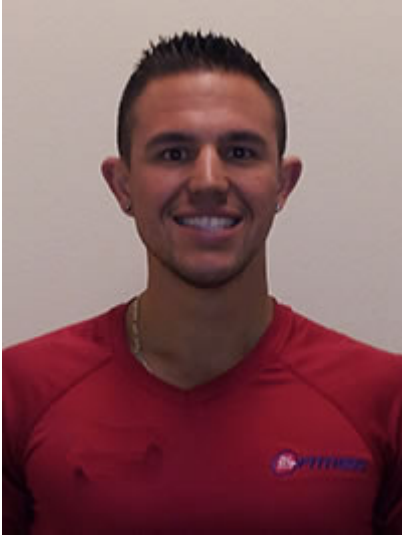


# Ben L.



**Fitness Manager**  
**Team Member Since: 2012**

## Education & Certifications

- BS in Exercise Science from Seattle Pacific University
- MS in Health and Human Performance: Exercise Science from University Of Montana
- AED (Automated External Defibrillator)
- American College of Sports Medicine - Certified Personal Trainer
- American College of Sports Medicine - Certified Health Fitness Specialist
- CPR Certification

## Hobbies and Achievements

- Racing triathlon



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

Club ID: 910