

JASON LEE

Personal Trainer

EDUCATION & CERTIFICATION

- California State University East Bay: Bachelor of Sciences Health Science, concentration in pre-clinicals
 - Ohlone College: Kinesiology
- Certifications:
- Certificate of Achievement in Kinesiology
 - NASM Certified Personal Trainer - CPR/AED Certified

ACHIEVEMENTS:

- Bachelor degree in health science and my certification in Kinesiology
- Passing the NASM CPT Exam

HOBBIES/SPECIALITIES:

- Powerlifting/Strength Athlete
- Watching football and MMA
- Camping with friends

PHILOSOPHY

"Persistence and discipline will lead to the results you desire."

