

Jason

Certifications:

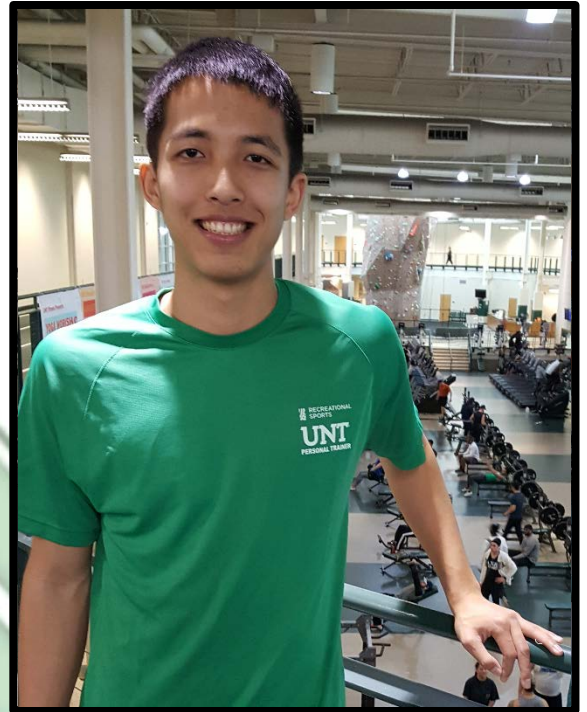
NASM Certified Personal Trainer

Education: BS Kinesiology

Language: English / Chinese

Specialization: Weight loss,
strength training, athletic training

Favorite Sport: basketball



Personal Information:

Being fit is a lifestyle; it has a different meaning for everyone. I am here to help you achieve your fitness goals. My training style is centered on gaining functional strength and conditioning while prioritizing safety and injury prevention.

Motto: If you never try you'll never know.



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