



JASON SEIFRIED

LV2 PERSONAL TRAINER

FUN FACT:

I played Semi-Pro Basketball for The Houston Express and was a Greek Dancer at The Houston Greek Festival for 12 years.

Education:

BS in Kinesiology

Certifications:

NFPT-CPT

CPR&AED Certified

Favorite exercise(s):

Pullups, Deadlifts, Pushups, and Box Jumps

Contact:

jason.seifried@ochsner.org

EXPERIENCE:

- Personal Trainer- 6 years
- Jr. College Basketball Coach- 3 years
- HS Speed and Agility Coach - 2.5 years

Specialties:

- Building muscle
- Weight loss
- Sports Specific Training
- Flexibility
- Core and Balance

Sport(s):

- Basketball
- Track and Field