

# Adrian M.



**Certified Personal Trainer**  
**Team Member Since: 2005**

## Education & Certifications

- AED (Automated External Defibrillator)
- American Council on Exercise - Lifestyle and Weight Management Coach
- American Council on Exercise - Personal Trainer Certification
- bodybugg® Calorie Management System Certification
- CPR Certification
- KETTLEBELL – Certified Kettlebell Instructor
- TRX Suspension Training – Certified TRX Instructor

## Hobbies and Achievements

- Boxing and coaching boxing
- Recreational body building
- Traveling



For more info about this trainer,  
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[24hourfitness.com/personaltraining](http://24hourfitness.com/personaltraining)

Club ID: 024