

Todd S.



Certified Personal Trainer
Team Member Since: 2011

Education & Certifications

- BS in Kinesiology from California State University Monterey Bay
- AED (Automated External Defibrillator)
- bodybugg® Calorie Management System Certification
- CPR Certification
- National Exercise and Sports Trainers Assoc. - Personal Fitness Trainer
- National Strength and Conditioning Assoc. - Certified Personal Trainer
- TRX Suspension Training – Certified TRX Instructor

Hobbies and Achievements

- Swimmer and Swim Instructor
- Strength Training
- Physical Therapy Aid - 3 years
- Weight Training
- Tennis
- Basketball



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24hourfitness.com/personaltraining

Club ID: 024