

Austin L.



Master Trainer
Team Member Since: 2010

Education & Certifications

- AED (Automated External Defibrillator)
- bodybugg® Calorie Management System Certification
- CPR Certification
- National Academy of Sports Medicine - Corrective Exercise Specialist
- National Academy of Sports Medicine - Certified Personal Trainer
- National Academy of Sports Medicine - Fitness Nutrition Specialist

Hobbies and Achievements

- The Iron
- Straight Edge
- Music, Cooking, Friendship Activities, Dogs
- Athletic training/ Rehabilitation/ Functional Training
- Outdoors, Hiking, Rock climbing.



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24hourfitness.com/personaltraining

Club ID: 054