

Leo M.



Certified Personal Trainer
Master Trainer
Team Member Since: 2011
Sessions Serviced: 5,000 +

Education & Certifications

- BS in Physical Education from Universidad Adventista del Plata
- AED (Automated External Defibrillator)
- American Council on Exercise - Health Coach
- bodybugg® Calorie Management System Certification
- CPR Certification
- National Council on Strength and Fitness - Personal Trainer
- TRX Suspension Training – Certified TRX Instructor

Hobbies and Achievements

- ACE Orthopedic Exercise Specialist
- ACE Frame Work for the Shoulder Hips Knee
- IDEA Abs Labs Intensive CEC Course
- IDEA Women, Weights and results CEC Course



For more info about this trainer,
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24hourfitness.com/personaltraining

Club ID: 062