

# Andrew L.



**Certified Personal Trainer  
Group X Instructor  
Team Member Since: 2012**

## Education & Certifications

- AED (Automated External Defibrillator)
- bodybugg® Calorie Management System Certification
- CPR Certification
- International Sports Sciences Assoc. - Personal Trainer Certification
- National Academy of Sports Medicine - Performance Enhancement Specialist
- National Strength and Conditioning Assoc. - Certified Personal Trainer

## Hobbies and Achievements

- National Junior College Athletic Assoc. Wrestler
- All Navy Wrestling Team
- Competitive No Gi Grappler
- USS John C. Stennis Strong Man Champion 2009
- Revolution No Gi Tournament Champion 183 lbs in 2010
- Hunting



**For more info about this trainer,  
scan this code with your smart phone or visit:**

**[24hourfitness.com/personaltraining](http://24hourfitness.com/personaltraining)**