

# Michael M.



**Certified Personal Trainer  
Team Member Since: 2012**

## Education & Certifications

- AED (Automated External Defibrillator)
- American Council on Exercise - Personal Trainer Certification
- CPR Certification

## Hobbies and Achievements

- Achieved personal muscle gain of 20lbs in 1 year
- Competing in bodybuilding competitions starting October 2012
- Wrestled with San Pasqual high school team for 2 years
- Enjoys playing softball
- Enjoys cooking and studying nutrition



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

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