

# Xavier M.



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

## Education & Certifications

- AED (Automated External Defibrillator)
- bodybugg® Calorie Management System Certification
- CPR Certification
- International Sports Sciences Assoc. - Personal Trainer Certification

## Hobbies and Achievements

- Personally gained 40lbs of muscle while maintaining below 15% BF in 5 years
- Spends time at the beach surfing, snorkeling, and cliff diving
- Enjoy hiking and trail running new areas
- Favorite type of workout is strength and core training



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

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