

# Raul Z.



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

## Education & Certifications

- Enter degree or delete this.
- AED (Automated External Defibrillator)
- bodybugg® Calorie Management System Certification
- CPR Certification
- National Personal Training Institute of Colorado - Personal Training Certification
- TRX Suspension Training – Certified TRX Instructor

## Hobbies and Achievements

- Achieved personal weight loss goal of 45lbs in 1 year
- Achieved personal muscle gain goal of 30lbs in 3 1/2 years
- Studying Nutrition at Southwestern College
- Love the outdoors - hiking, running, biking and swimming
- Preferred method of gym training is single area isolation



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

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

Club ID: 084