

David E.



Certified Personal Trainer
Team Member Since: 2013

Education & Certifications

- AED (Automated External Defibrillator)
- American Council on Exercise - Personal Trainer Certification
- bodybugg® Calorie Management System Certification
- CPR Certification
- KETTLEBELL – Certified Kettlebell Instructor
- TRX Suspension Training – Certified TRX Instructor

Hobbies and Achievements

- Intrest's/Achievements:
- All League RB 2008 2009
- 100m 200m SCL Champ
- 4 years Varsity Track
- Varsity Football
- Surfing
- Crossfit



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24hourfitness.com/personaltraining

Club ID: 085