

Jacob H.



**Certified Personal Trainer
Fitness Manager
Team Member Since: 2010**

Education & Certifications

- AED (Automated External Defibrillator)
- bodybugg® Calorie Management System Certification
- CPR Certification
- National Academy of Sports Medicine - Certified Personal Trainer
- TRX Suspension Training – Certified TRX Instructor

Hobbies and Achievements

- Weight lifting
- Nutrition
- Sports, especially extreme sports
- Being outdoors
- Rock climbing



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

24hourfitness.com/personaltraining

Club ID: 088