

David O.



Certified Personal Trainer
Team Member Since: 2011

Education & Certifications

- BA in Business and Economics from University of California Los Angeles
- AED (Automated External Defibrillator)
- bodybugg® Calorie Management System Certification
- CPR Certification
- National Academy of Sports Medicine - Corrective Exercise Specialist
- National Academy of Sports Medicine - Certified Personal Trainer
- National Academy of Sports Medicine - Performance Enhancement Specialist
- TRX Suspension Training – Certified TRX Instructor

Hobbies and Achievements

- Track and Field
- Basketball
- Farmers Markets



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24hourfitness.com/personaltraining

Club ID: 089

