

# Frank H.



**Certified Personal Trainer  
Group X Instructor  
Team Member Since: 2011**

## Education & Certifications

- CPR Certification
- International Sports Sciences Assoc. - Personal Trainer Certification
- National Exercise and Sports Trainers Assoc. - Personal Fitness Trainer

## Hobbies and Achievements

- Nike training camp certified
- Kettlebells
- MMA Endurance Training
- Nutrition



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

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