

Andrea K.



Certified Personal Trainer
Team Member Since: 2010

Education & Certifications

- CPR Certification
- International Sports Sciences Assoc. - Personal Trainer Certification
- National Academy of Sports Medicine - Certified Personal Trainer

Hobbies and Achievements

- Blogs about fitness results & nutrition
- Likes training for muscle gain, power lifting
- Want to break the stigma that girls will get bulky from lifting weights.



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24hourfitness.com/personaltraining