

# Jake M.

## Education & Certifications

- AED (Automated External Defibrillator)
- bodybugg® Calorie Management System Certification
- CPR Certification
- National Exercise and Sports Trainers Assoc. - Personal Fitness Trainer



**Certified Personal Trainer**  
Team Member Since: 2012

## Hobbies and Achievements

- Certified Mixed Martial Arts Conditioning Coach
- 2-Time Water Polo All American-MVHS
- 1-Time Swimming All American-MVHS
- Mixed Martial Arts-3.5 Years Experience
- Surfing-19 Years Experience



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