

# Mike I.



**Certified Personal Trainer**  
**Master Trainer**  
**Fitness Manager**  
**Team Member Since: 2011**  
**Sessions Serviced:2,000 +**

## Education & Certifications

- BA in Radio/TV/Film Broadcasting from University of La Verne
- 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 Exercise and Sports Trainers Assoc. - Personal Fitness Trainer
- TRX Suspension Training – Certified TRX Instructor

## Hobbies and Achievements

- Triathlons -5K -10K -Half Marathons -Cycling
- University Water Polo and Swimming
- Lifeguard/Water Safety Instructor (American Red Cross Certified)
- Rock climbing, backpacking - hiking - camping - (Eagle Scout)
- Stand Up Paddle boarding



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

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