

# Erik D.



**Certified Personal Trainer**  
**Team Member Since: 2011**

## Education & Certifications

- BS in Criminal Justice from California State Long Beach University
- AED (Automated External Defibrillator)
- CPR Certification
- National Academy of Sports Medicine - Certified Personal Trainer

## Hobbies and Achievements

- Completed 5 half marathons
- Avid cyclists
- Participates in Crossfit-style workouts
- Weight training for 14 years



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

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