

Michael B.



Certified Personal Trainer
Team Member Since: 2013

Education & Certifications

- BS in Kinesiology (In Progress) from Fullerton College
- AED (Automated External Defibrillator)
- CPR Certification
- International Sports Sciences Association - Strength and Conditioning Certification
- International Sports Sciences Assoc. - Fitness Therapy Certification
- International Sports Sciences Assoc. - Personal Trainer Certification

Hobbies and Achievements

- Competed in Tae Kwon Do Tournaments
- Hiking
- Training for a half marathon
- Swimming
- Skiing



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24hourfitness.com/personaltraining

Club ID: 159