

David F.



Certified Personal Trainer
Team Member Since: 2011

Education & Certifications

- BS in Kinesiology from California State University San Marcos
- AED (Automated External Defibrillator)
- American Council on Exercise - Personal Trainer Certification
- bodybugg® Calorie Management System Certification
- CPR Certification

Hobbies and Achievements

- 3x Top Ten Finish NAIA Track & Field
- NAIA Triple Jump Flexibility Program Design
- Accomplished Rock Climber/Bouldering



For more info about this trainer,
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24hourfitness.com/personaltraining

Club ID: 160

