

Omar A.



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

Education & Certifications

- BS in Kinesiology from San Diego State University
- AED (Automated External Defibrillator)
- CPR Certification
- National Academy of Sports Medicine - Certified Personal Trainer
- National Academy of Sports Medicine - Sports Fitness Specialist
- TRX Suspension Training – Certified TRX Instructor

Hobbies and Achievements

- 5 years of Boxing and Kickboxing
- Pursing doctorate in Physical Therapy
- Enjoys sports, video games, and reading



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

24hourfitness.com/personaltraining

Club ID: 167

