

Adrian H.



Certified Personal Trainer
Team Member Since: 2012

Education & Certifications

- AED (Automated External Defibrillator)
- CPR Certification
- National Academy of Sports Medicine - Certified Personal Trainer

Hobbies and Achievements

- Play basketball
- 2nd place in Bodybuilding competition 2011
- Cycle
- Muscle building



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24hourfitness.com/personaltraining