

Mac B.



**Certified Personal Trainer
Team Member Since: 2012**

Education & Certifications

- BS in Kinesiology from Washington State University
- AED (Automated External Defibrillator)
- American Council on Exercise - Personal Trainer Certification
- CPR Certification
- TRX Suspension Training – Certified TRX Instructor

Hobbies and Achievements

- Enjoy all sports especially Baseball, Basketball, and Football
- Love outdoor activities such as hiking, snowboarding
- New love for mud runs and recently ran the 2012 Temecula Tough Mudder
- TRX is one of my favorite tools to use - TRX certified (2010)



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

24hourfitness.com/personaltraining