

# Mike T.



**Master Trainer**  
**Team Member Since: 2010**  
**Sessions Serviced: 2,000 +**

## Education & Certifications

- BS in Business Administration from University of Southern California
- AED (Automated External Defibrillator)
- bodybugg® Calorie Management System Certification
- CPR Certification
- National Academy of Sports Medicine - Corrective Exercise Specialist
- National Academy of Sports Medicine - Certified Personal Trainer
- National Academy of Sports Medicine - Performance Enhancement Specialist
- TRX Suspension Training – Certified TRX Instructor

## Hobbies and Achievements

- Anything fitness related: cycling, hiking, swimming, bocce ball
- TRX suspension training
- Traveling & reading a quality novel and watching movies



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