

Rob L.



Certified Personal Trainer
Team Member Since: 2009
Sessions Serviced:2,000 +

Education & Certifications

- AED (Automated External Defibrillator)
- bodybugg® Calorie Management System Certification
- CPR Certification
- National Exercise and Sports Trainers Assoc. - Personal Fitness Trainer
- TRX Suspension Training – Certified TRX Instructor

Hobbies and Achievements

- Bodybuilding
- Musician
- Music production & recording
- Motivating people to achieve and exceed goals



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