

# Ezell O.



**Certified Personal Trainer  
Assistant Fitness Manager  
Team Member Since: 2005  
Sessions Serviced: 5,000 +**

## Education & Certifications

- BS in Wellness from Lincoln University
- AED (Automated External Defibrillator)
- bodybugg® Calorie Management System Certification
- CPR Certification
- KETTLEBELL – Certified Kettlebell Instructor
- National Academy of Sports Medicine - Fitness Nutrition Specialist
- The National Personal Training Institute - Personal Training Certification
- TRX Suspension Training – Certified TRX Instructor

## Hobbies and Achievements

- Working out
- Football
- Cooking



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[24hourfitness.com/personaltraining](http://24hourfitness.com/personaltraining)