

Leif M.



Certified Personal Trainer
Master Trainer
Group X Instructor
Assistant Fitness Manager
Team Member Since: 2011
Sessions Serviced: 2,000 +

Education & Certifications

- 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 Council on Strength and Fitness - Personal Trainer
- TRX Suspension Training – Certified TRX Instructor

Hobbies and Achievements

- Swimming
- Kick Boxing
- Rugby
- Army Ranger
- Camping and Hiking



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

24hourfitness.com/personaltraining

Club ID: 202