

David O.



Master Trainer
Team Member Since: 2006

Education & Certifications

- 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
- National Council on Strength and Fitness - Personal Trainer
- National Federation of Professional Trainers - Personal Trainer

Hobbies and Achievements

- Strength training
- Expanding fitness knowledge
- Sports
- Movies
- Music



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Club ID: 209