

# 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