

# Matthew D.



**Certified Personal Trainer**  
**Master Trainer**  
**Group X Instructor**  
**Assistant Fitness Manager**  
**Team Member Since: 2013**  
**Sessions Serviced: 2,000 +**

## Education & Certifications

- BS in Kinesiology from University of Texas, Arlington
- AED (Automated External Defibrillator)
- American Council on Exercise - Lifestyle and Weight Management Coach
- American Council on Exercise - Personal Trainer Certification
- bodybugg® Calorie Management System Certification
- CPR Certification
- National Academy of Sports Medicine - Corrective Exercise Specialist
- National Exercise and Sports Trainers Assoc. - Personal Fitness Trainer
- TRX Suspension Training – Certified TRX Instructor

## Hobbies and Achievements

- Spending time with my beautiful family
- Organized sports such as baseball and football
- Calisthenics and body leverage training
- Jamming on my drum set
- Movies, especially comedies



For more info about this trainer,  
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[24hourfitness.com/personaltraining](http://24hourfitness.com/personaltraining)

Club ID: 214