

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

Club ID: 214