

Mark M.



Certified Personal Trainer
Group X Instructor
Team Member Since: 2012

Education & Certifications

- BA in Art from Texas Tech University
- AED (Automated External Defibrillator)
- CPR Certification
- National Council on Strength and Fitness - Personal Trainer
- National Exercise and Sports Trainers Assoc. - Personal Fitness Trainer
- TRX Suspension Training – Certified TRX Instructor

Hobbies and Achievements

- Cross Training
- Basketball
- Football
- Cycling
- Cooking



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