

Kevin M.



Certified Personal Trainer
Team Member Since: 2013

Education & Certifications

- BS in Exercise Science from American Public University
- AED (Automated External Defibrillator)
- CPR Certification
- International Sports Sciences Assoc. - Personal Trainer Certification
- National Academy of Sports Medicine - Certified Personal Trainer
- National Strength and Conditioning Assoc. - Certified Strength and Conditioning Specialist®
- National Strength and Conditioning Assoc. - Certified Personal Trainer

Hobbies and Achievements

- Olympic style weightlifting
- Triathlon training
- Sport specific training
- Hockey
- Nutrition specialist



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24hourfitness.com/personaltraining

Club ID: 350