

Michael R.



Certified Personal Trainer
Team Member Since: 2013

Education & Certifications

- AED (Automated External Defibrillator)
- American College of Sports Medicine - Certified Personal Trainer
- CPR Certification

Hobbies and Achievements

- Placed 3rd in State Freestyle Wrestling, 2009
- Working out
- Crossfit
- Mixed martial arts



For more info about this trainer,
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24hourfitness.com/personaltraining

Club ID: 356