

Manny H.

Education & Certifications

- BS in Business Administration from the University of Texas
- MS in Electrical engineering from SMU
- AED (Automated External Defibrillator)
- Aerobic and Fitness Association of America - Personal Trainer Certification
- CPR Certification
- National Academy of Sports Medicine - Corrective Exercise Specialist
- National Strength and Conditioning Assoc. - Certified Strength and Conditioning Specialist®
- TRX Suspension Training – Certified TRX Instructor



**Certified Personal
Trainer
Group X Instructor
Team Member Since:
2005**

Hobbies and Achievements

- USA boxing level 1 & 2 trainer
- Dallas Stars SCC, 2005-2010
- Les Mills BodyPump & Bodycombat
- Jiu jitsu, black belt
- Tae kwon do, black belt



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Club ID: 360

