

# Justin L.



**Master Trainer**  
**Certified Personal Trainer**  
**Assistant Fitness Manager**  
**Team Member Since: 2005**  
**Sessions Serviced: 15,000 +**

## Education & Certifications

BA in Business from Washington State University

- CPR Certification
- National Academy of Sports Medicine - Corrective Exercise Specialist
- National Academy of Sports Medicine - Certified Personal Trainer
- National Academy of Sports Medicine - Performance Enhancement Specialist
- National Council on Strength and Fitness - Personal Trainer

## Hobbies and Achievements

Bodybuilding  
Cooking  
Hiking



For more info about this trainer,  
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[24hourfitness.com/personaltraining](http://24hourfitness.com/personaltraining)

Club ID: 406

