

# David A.



**Certified Personal Trainer**  
**Team Member Since: 2012**

## Education & Certifications

- BA in Human Performance and Fitness from Northern State University
- AED (Automated External Defibrillator)
- American Council on Exercise - Personal Trainer Certification
- CPR Certification
- National Council on Strength and Fitness - Personal Trainer

## Hobbies and Achievements

Mixed Martial Arts Pro Card  
Collegiate Football Player  
Olympic Lift Expert  
Plyometrics  
Sprint Mechanics



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Club ID: 433