

# Tristan M.

## Education & Certifications

- AED (Automated External Defibrillator)
- bodybugg® Calorie Management System Certification
- CPR Certification
- National Council on Strength and Fitness - Personal Trainer
- National Exercise and Sports Trainers Assoc. - Personal Fitness Trainer
- National Federation of Professional Trainers - Personal Trainer



**Certified Personal Trainer**  
**Master Trainer**  
**Team Member Since: 2006**  
**Sessions Serviced:5,000 +**

## Hobbies and Achievements

- I love cartoons, music, sports, bargain shopping
- I was Team captain of my football, basketball and track teams in H.S
- I went on to play a little college basketball and semi-pro ball
- Coaching Basketball



For more info about this trainer,  
scan this code with your smart phone or visit:

[24hourfitness.com/personaltraining](http://24hourfitness.com/personaltraining)

Club ID: 492

