

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



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