

Lars L.



Master Trainer
Assistant Fitness Manager
Team Member Since: 2009
Sessions Serviced: 2,000 +

Education & Certifications

- BS in Exercise Science from Baker University
- BS in Business from Baker University
- AED (Automated External Defibrillator)
- bodybugg® Calorie Management System Certification
- CPR Certification
- National Council on Strength and Fitness - Personal Trainer

Hobbies and Achievements

- Elite Class Power Lifter
- Hiking & Outdoor Sports
- Sports Specific Training
- TRX



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

24hourfitness.com/personaltraining

Club ID: 512