

# Adam B.



**Certified Personal Trainer**  
**Team Member Since: 2013**

## Education & Certifications

- BS in Exercise Biology from UC Davis
- AED (Automated External Defibrillator)
- bodybugg® Calorie Management System Certification
- CPR Certification
- National Strength and Conditioning Assoc. - Certified Personal Trainer

## Hobbies and Achievements

- Being a Gym Rat
- Tae Kwon Do [1st black belt]
- Hiking and Running
- Exercise Science Enthusiast



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