

# Michael D.

## Education & Certifications

- AED (Automated External Defibrillator)
- CPR Certification
- National Exercise and Sports Trainers Assoc. - Personal Fitness Trainer
- TRX Suspension Training – Certified TRX Instructor



**Certified Personal Trainer**  
Team Member Since: 2009

## Hobbies and Achievements

- Mixed Martial Arts
- Surfing
- Running
- Living a healthy lifestyle
- Traveling



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

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