

Ed A.

Education & Certifications

- AED (Automated External Defibrillator)
- American Council on Exercise - Personal Trainer Certification
- bodybugg® Calorie Management System Certification
- CPR Certification
- National Exercise and Sports Trainers Assoc. - Personal Fitness Trainer
- TRX Suspension Training – Certified TRX Instructor



Certified Personal Trainer
Team Member Since: 2010
Sessions Serviced:15,000 +

Hobbies and Achievements

- Marine Corps Fitness Instructor
- Rock Climbing
- Certified Fitness Nutrition Coach
- Combat Water Safety Swimmer (CWSS)



For more info about this trainer,
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24hourfitness.com/personaltraining