

Bryan F.



Certified Personal Trainer
Master Trainer
Team Member Since: 2003
Sessions Serviced: 5,000 +

Education & Certifications

- BS in Exercise Physiology from California State University Sacramento
- AED (Automated External Defibrillator)
- American Council on Exercise - Personal Trainer Certification
- bodybugg® Calorie Management System Certification
- CPR Certification
- National Academy of Sports Medicine - Corrective Exercise Specialist
- National Academy of Sports Medicine - Certified Personal Trainer
- National Academy of Sports Medicine - Performance Enhancement Specialist
- National Strength and Conditioning Assoc. - Certified Strength and Conditioning Specialist®
- TRX Suspension Training – Certified TRX Instructor

Hobbies and Achievements

- Trail Running
- Snowboarding
- Blog Writing
- Sports



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

Club ID: 598

