

# Matt L.



**Certified Personal Trainer**  
**Master Trainer**  
**Assistant Fitness Manager**  
**Team Member Since: 2012**  
**Sessions Serviced: 2,000 +**

## Education & Certifications

- BS in Kinesiology - Emphasis: Exercise Physiology from San Francisco State University
- AED (Automated External Defibrillator)
- bodybugg® Calorie Management System Certification
- CPR Certification
- TC24 Coach
- TRX Suspension Training – Certified TRX Instructor

## Hobbies and Achievements

- Spartan Races
- Group Training
- Reading
- Netflix and Chill
- Baseball, Basketball, Football



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

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

Club ID: 598

