

# Sergio M.



**Certified Personal Trainer**  
**Master Trainer**  
**Group X Instructor**  
**Fitness Manager**  
**TC24 Coach**  
**Team Member Since: 2012**  
**Sessions Serviced:5,000 +**



## Education & Certifications

BS in Sports and Fitness from Florida International University

BA in Architecture from Florida Atlantic University

- AAAI-ISMA - Personal Fitness Trainer 1
- AED (Automated External Defibrillator)
- CPR Certification
- KETTLEBELL – Certified Kettlebell Instructor
- National Academy of Sports Medicine - Corrective Exercise Specialist
- National Academy of Sports Medicine - Fitness Nutrition Specialist
- National Academy of Sports Medicine - Performance Enhancement Specialist
- National Council on Strength and Fitness - Personal Trainer
- TC24 Coach
- TRX Suspension Training – Certified TRX Instructor

## Hobbies and Achievements

- NPC Physique Competitor
- Marathon and 1/2 Marathon Athlete
- Martial Arts and Boxing
- Weightloss and Nutrition Coach
- PTA Global-Pt Certification

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

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

**Club ID: 624**

