Lloyd B.



Master Trainer
Team Member Since: 2008

Education & Certifications

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

Hobbies and Achievements

- Shooting range
- Working out
- Night life
- Power lifting
- Pushing limits



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

24hourfitness.com/personaltraining

