

# 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](http://24hourfitness.com/personaltraining)

Club ID: 632