

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



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24hourfitness.com/personaltraining