

Brandt O.



**Certified Personal Trainer
Team Member Since: 2013**

Education & Certifications

- BS in Exercise Physiology from Midwestern State University
- AED (Automated External Defibrillator)
- bodybugg® Calorie Management System Certification
- CPR Certification
- National Academy of Sports Medicine - Corrective Exercise Specialist
- National Academy of Sports Medicine - Fitness Nutrition Specialist

Hobbies and Achievements

- Running
- Weightlifting
- Squats
- Helping others
- Football



For more info about this trainer,
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24hourfitness.com/personaltraining

Club ID: 656