

Sam B.



Certified Personal Trainer
Master Trainer
Assistant Fitness Manager
Team Member Since: 2009
Sessions Serviced: 5,000 +

Education & Certifications

- AED (Automated External Defibrillator)
- CPR Certification
- National Academy of Sports Medicine - Corrective Exercise Specialist
- National Academy of Sports Medicine - Certified Personal Trainer
- National Academy of Sports Medicine - Performance Enhancement Specialist
- TRX Suspension Training – Certified TRX Instructor

Hobbies and Achievements

- Basketball
- Obstacle course races, Spartan Race, Tough Mudder, etc
- CrossFit level 1 trainer
- Olympic lifting



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

24hourfitness.com/personaltraining