

Carlos A.



Certified Personal Trainer
Team Member Since: 2012
Sessions Serviced:10,000 +

Education & Certifications

- Enter degree or delete this.
- 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

Hobbies and Achievements

CrossFit Level 1
Poliquin International Strength Coach Level 1
Outdoor Activities-Hiking, Biking, Snowboarding
Workout



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

24hourfitness.com/personaltraining

Club ID: 664