

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