

Bane E.



Master Trainer
Team Member Since: 2010
Sessions Serviced: 2,000 +

Education & Certifications

- BS in Exercise & Sports Science from Texas State University
- AED (Automated External Defibrillator)
- bodybugg® Calorie Management System Certification
- Cooper Institute - Personal Trainer Certification
- CPR Certification
- National Academy of Sports Medicine - Fitness Nutrition Specialist
- TRX Suspension Training – Certified TRX Instructor

Hobbies and Achievements

- 2nd PI Novice Bodybuilding Middleweight - Texas Shredder 2012
- 3rd PI Open Bodybuilding Middleweight - Texas Shredder 2012
- 3rd PI Open Bodybuilding Light Heavyweight - Naturally Fit Super Show 2012
- Spending time with family and friends
- Playing and watching sports



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24hourfitness.com/personaltraining

Club ID: 676