

Mike H.



Certified Personal Trainer
Master Trainer
Team Member Since: 2012
Sessions Serviced: 2,000 +

Education & Certifications

- AED (Automated External Defibrillator)
- bodybugg® Calorie Management System Certification
- CPR Certification
- National Academy of Sports Medicine - Certified Personal Trainer
- National Federation of Professional Trainers - Personal Trainer

Hobbies and Achievements

- Meal Prep Using flexible dieting techniques
- Powerlifting/Bodybuilding Enthusiast
- Foodie
- Enjoying life through fitness
- Spreading the truth about Hardcore diets



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

24hourfitness.com/personaltraining

Club ID: 814