

# David A.



**Certified Personal Trainer  
Team Member Since: 2011**

## Education & Certifications

- CPR Certification
- National Academy of Sports Medicine - Corrective Exercise Specialist
- National Academy of Sports Medicine - Certified Personal Trainer
- National Academy of Sports Medicine - Fitness Nutrition Specialist
- National Academy of Sports Medicine - Performance Enhancement Specialist
- National Exercise and Sports Trainers Assoc. - Personal Fitness Trainer

## Hobbies and Achievements

- Played 3 years of Varsity Football
- Threw Varsity Shot Put and Discus for 3 years
- Wrestled Varsity 160 lb weigh class for 1 year
- Played 2 years of Junior College Football
- Competitive NPC Natural Bodybuilder



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