

Phil C.



Certified Personal Trainer
Team Member Since: 2012

Education & Certifications

- BS in Economics from Arizona State University
- MS in Exercise Science from California University of Penn
- AED (Automated External Defibrillator)
- CPR Certification
- National Academy of Sports Medicine - Certified Personal Trainer
- National Academy of Sports Medicine - Performance Enhancement Specialist

Hobbies and Achievements

- Kempo (2nd degree black belt)
- Varsity wrestling
- Swimming
- Sports performance training
- Nutrition



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24hourfitness.com/personaltraining

Club ID: 862