

Adam T.



Certified Personal Trainer
Team Member Since: 2012

Education & Certifications

- AED (Automated External Defibrillator)
- CPR Certification
- International Sports Sciences Assoc. - Personal Trainer Certification
- National Strength and Conditioning Assoc. - Certified Personal Trainer

Hobbies and Achievements

- Bodybuilding & Physique Competition
- IIFYM
- High Intensity Interval Training



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

24hourfitness.com/personaltraining

Club ID: 863