

Benton C.

Education & Certifications

- AED (Automated External Defibrillator)
- bodybugg® Calorie Management System Certification
- 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



Master Trainer
Group X Instructor
Team Member Since: 2006
Sessions Serviced: 2,000 +

Hobbies and Achievements

- Kettlebells
- Functional training
- Weight loss
- Surfing
- Interpretive dance



For more info about this trainer,
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24hourfitness.com/personaltraining