

Chad L.



Master Trainer
Team Member Since: 2008
Sessions Serviced: 2,000 +

Education & Certifications

- BS in Kinesiology from University of North Texas
- AED (Automated External Defibrillator)
- Cooper Institute - Biomechanics of Resistance Training
- CPR Certification
- National Academy of Sports Medicine - Certified Personal Trainer
- National Exercise and Sports Trainers Assoc. - Personal Fitness Trainer
- TRX Suspension Training – Certified TRX Instructor

Hobbies and Achievements

- Family
- Friends
- Playing sports
- Working out



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

Club ID: 882

