

Blake O.



Certified Personal Trainer
Team Member Since: 2009

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 Exercise and Sports Trainers Assoc. - Personal Fitness Trainer
- TRX Suspension Training – Certified TRX Instructor

Hobbies and Achievements

- 4 years in Navy
- Member of toastmasters
- Dancing
- Reading



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

Club ID: 892