

Albert L.



Certified Personal Trainer
Team Member Since: 2012
Sessions Serviced: 5,000 +

Education & Certifications

- MS from University of Southern California
- BA from University of California, Irvine
- AED (Automated External Defibrillator)
- CPR Certification
- National Strength and Conditioning Assoc. - Certified Strength and Conditioning Specialist®
- National Strength and Conditioning Assoc. - Certified Personal Trainer

Hobbies and Achievements

- Single Subject Teaching Credentials from National University
- High School Strength & Conditioning Coach
- Olympic Weightlifting
- Football Coach



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

Club ID: 893