

# Ben B.



**Certified Personal Trainer**  
**Team Member Since: 2012**

## Education & Certifications

- AED (Automated External Defibrillator)
- CPR Certification
- National Exercise and Sports Trainers Assoc. - Personal Fitness Trainer
- TRX Suspension Training – Certified TRX Instructor

## Hobbies and Achievements

- On weekends I love playing or watching pick up football games.
- I coach football and enjoy teaching the fundamentals and good sportsmanship.
- I enjoy strength and conditioning to improve athletic game on and off the field.
- I love a tough hike and enjoying the great scenery at the top.
- I am an avid football fan and I am faithful to my Raiders!



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

[24hourfitness.com/personaltraining](http://24hourfitness.com/personaltraining)

Club ID: 895