

Ben M.



Certified Personal Trainer
Team Member Since: 2013

Education & Certifications

- AED (Automated External Defibrillator)
- CPR Certification
- National Academy of Sports Medicine - Certified Personal Trainer

Hobbies and Achievements

- I love spending time with my wife and daughter exploring the Bay Area.
- I have medaled and won several Brazilian Jiu Jitsu tournaments.
- Basketball is my first love. I started when I was 5 and still play today.
- I believe smiles are contagious and love passing them on.
- Laguna Seca is my favorite race track and I visit it as often as I can.



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