

# Miguel F.



**Certified Personal Trainer**  
**Team Member Since: 2010**

## Education & Certifications

- AED (Automated External Defibrillator)
- 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

## Hobbies and Achievements

- Weight lifting and training for competitions are my passions.
- My favorite sports are football, soccer, and boxing.
- I love the outdoors, so hiking is a must do for me.



For more info about this trainer,  
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[24hourfitness.com/personaltraining](https://24hourfitness.com/personaltraining)