

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.



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24hourfitness.com/personaltraining