

Adrian M.



Certified Personal Trainer
Team Member Since: 2005

Education & Certifications

- AED (Automated External Defibrillator)
- American Council on Exercise - Lifestyle and Weight Management Coach
- American Council on Exercise - Personal Trainer Certification
- bodybugg® Calorie Management System Certification
- CPR Certification
- KETTLEBELL – Certified Kettlebell Instructor
- TRX Suspension Training – Certified TRX Instructor

Hobbies and Achievements

- Boxing and coaching boxing
- Recreational body building
- Traveling



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

24hourfitness.com/personaltraining

Club ID: 024