

Brian G.



Certified Personal Trainer
Master Trainer
TC24 Coach
Team Member Since: 2011
Sessions Serviced: 5,000 +

Education & Certifications

- AED (Automated External Defibrillator)
- bodybugg® Calorie Management System Certification
- CPR Certification
- National Council on Strength and Fitness - Personal Trainer
- PTA Global - PTA Global PT Certification
- TC24 Coach
- TRX Suspension Training – Certified TRX Instructor
- World Instructor Training School - Personal Trainer Certification

Hobbies and Achievements

2006 2008 NPC Mens Bodybuilding Competitor
2006 2010 U.S. Air Force Reserves
Epic Series Challenge Finisher
Football, Street Bikes, Bodybuilding, Nutrition



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24hourfitness.com/personaltraining

Club ID: 080

