

# Brian M.



**Certified Personal Trainer**  
**Master Trainer**  
**Fitness Manager**  
**Team Member Since: 2013**  
**Sessions Serviced: 10,000 +**

## Education & Certifications

- BS in Kinesiology Emphasis Pre Physical Therapy from San Diego State University
- AED (Automated External Defibrillator)
- American Council on Exercise - Personal Trainer Certification
- CPR Certification

## Hobbies and Achievements

- Designing custom detailed training programs for all goals
- Functional training
- Injury prevention for specific sport performance
- Creating quickest weight loss programs for members who do not diet
- Creating maximum performance enhancement for athletes injured or not
- Implementing motivational needs analysis that prevent low workout frequency



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

[24hourfitness.com/personaltraining](http://24hourfitness.com/personaltraining)

Club ID: 080

