

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

Club ID: 080

