

# Michael N.

## Education & Certifications

- BA in Social Science from San Diego State University
- AED (Automated External Defibrillator)
- bodybugg® Calorie Management System Certification
- CPR Certification
- National Academy of Sports Medicine - Corrective Exercise Specialist
- National Academy of Sports Medicine - Certified Personal Trainer



**Certified Personal Trainer**  
Team Member Since: 2012

## Hobbies and Achievements

- Achieved personal weight loss of 40lbs.
- Achieved personal body fat goal of 13%
- Played Division I baseball
- Coach little league baseball



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