

# Martin L.



**Certified Personal Trainer**  
**Team Member Since: 2013**

## Education & Certifications

- BS in Exercise Science from California State University, Long Beach
- AED (Automated External Defibrillator)
- CPR Certification
- National Strength and Conditioning Assoc. - Certified Strength and Conditioning Specialist®

## Hobbies and Achievements

- MMA, muay thai, wrestling, and BJJ
- Strength and conditioning coach for CSULB Wrestling Club
- Basketball
- Football
- Circuit training



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

Club ID: 111