

# David F.



**Certified Personal Trainer**  
**Team Member Since: 2011**

## Education & Certifications

- BS in Kinesiology from California State University San Marcos
- AED (Automated External Defibrillator)
- American Council on Exercise - Personal Trainer Certification
- bodybugg® Calorie Management System Certification
- CPR Certification

## Hobbies and Achievements

- 3x Top Ten Finish NAIA Track & Field
- NAIA Triple Jump Flexibility Program Design
- Accomplished Rock Climber/Bouldering



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

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

Club ID: 160

