

Michael H.



Certified Personal Trainer
Team Member Since: 2010

Education & Certifications

- BA in Physical Education from Azusa Pacific University
- AED (Automated External Defibrillator)
- CPR Certification
- National Academy of Sports Medicine - Certified Personal Trainer
- National Academy of Sports Medicine - Performance Enhancement Specialist

Hobbies and Achievements

- Published fitness author
- Sponsored natural bodybuilder
- Positive results with a positive attitude



For more info about this trainer,
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24hourfitness.com/personaltraining

Club ID: 179