

Paul O.



Master Trainer
Fitness Manager
Team Member Since: 2011
Sessions Serviced: 2,000 +

Education & Certifications

- BS in Kinesiology: Rehab & Therapeutic Exercise from California State Los Angeles 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
- National Academy of Sports Medicine - Performance Enhancement Specialist
- TRX Suspension Training – Certified TRX Instructor

Hobbies and Achievements

- Making Music
- Corrective Massage
- Sports



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24hourfitness.com/personaltraining

Club ID: 184

