

# Adam K.



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

## Education & Certifications

- AED (Automated External Defibrillator)
- CPR Certification
- International Sports Sciences Association - Strength and Conditioning Certification
- International Sports Sciences Assoc. - Personal Trainer Certification

## Hobbies and Achievements

- State & National Tae Kwon Do champion, 1997-2000 with 12 years of training
- Trained and competed in Muay Thai kickboxing, 2000-2006
- Currently training and competing with Gold Team Houston



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

Club ID: 209