

Mark V.



Master Trainer
Team Member Since: 2008
Sessions Serviced: 2,000 +

Education & Certifications

- BA in International Business from Northwood 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 - Optimum Performance Certification
- National Academy of Sports Medicine - Performance Enhancement Specialist

Hobbies and Achievements

- 2007 USL PDL Champions
- 2001 NSCAA All-American
- Soccer
- Boxing
- Spending time w/ friends and family



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24hourfitness.com/personaltraining

Club ID: 214

