

Brandon S.



Certified Personal Trainer
Team Member Since: 2013

Education & Certifications

- BS in Kinesiology from LSU
- AED (Automated External Defibrillator)
- CPR Certification
- National Exercise and Sports Trainers Assoc. - Personal Fitness Trainer

Hobbies and Achievements

- Multiple basketball intramural championships while attending LSU
- I enjoy riding horses and calf roping which was my first love
- I still love to play basketball during my free time
- Mind development and mind science are two of my favorite subjects to read



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24hourfitness.com/personaltraining

Club ID: 356