

Garett M.



Master Trainer
Team Member Since: 2009
Sessions Serviced: 2,000 +

Education & Certifications

- BS in Kinesiology from Henderson State 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 - Performance Enhancement Specialist
- TRX Suspension Training – Certified TRX Instructor

Hobbies and Achievements

- All-American Wide Receiver, 2008
- INBF Alamo Classic Showdown Mens Physique 1st place, 2010
- Texas Shredder Classic Mens Physique 1st place, 2013



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Club ID: 372