

# Lars L.



**Master Trainer**  
**Assistant Fitness Manager**  
**Team Member Since: 2009**  
**Sessions Serviced: 2,000 +**

## Education & Certifications

- BS in Exercise Science from Baker University
- BS in Business from Baker University
- AED (Automated External Defibrillator)
- bodybugg® Calorie Management System Certification
- CPR Certification
- National Council on Strength and Fitness - Personal Trainer

## Hobbies and Achievements

- Elite Class Power Lifter
- Hiking & Outdoor Sports
- Sports Specific Training
- TRX



For more info about this trainer,  
scan this code with your smart phone or visit:

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

Club ID: 512