

Adam B.



Certified Personal Trainer
Team Member Since: 2013

Education & Certifications

- BS in Exercise Biology from UC Davis
- AED (Automated External Defibrillator)
- bodybugg® Calorie Management System Certification
- CPR Certification
- National Strength and Conditioning Assoc. - Certified Personal Trainer

Hobbies and Achievements

- Being a Gym Rat
- Tae Kwon Do [1st black belt]
- Hiking and Running
- Exercise Science Enthusiast



For more info about this trainer,
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24hourfitness.com/personaltraining

Club ID: 517