

Silas B.



**Certified Personal Trainer
Master Trainer
Team Member Since: 2013**

Education & Certifications

- BS in Business Management from Sacramento State
- BS in Risk Management from Sacramento State
- AED (Automated External Defibrillator)
- CPR Certification
- National Academy of Sports Medicine - Certified Personal Trainer
- TC24 Coach
- TRX Suspension Training – Certified TRX Instructor

Hobbies and Achievements

- Enhancing Sports performance
- Body sculpting
- Bike Riding
- Boxing
- Marine Corps 2004-2008



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

Club ID: 528

