

Michael D.

Education & Certifications

- AED (Automated External Defibrillator)
- CPR Certification
- National Exercise and Sports Trainers Assoc. - Personal Fitness Trainer
- TRX Suspension Training – Certified TRX Instructor



Certified Personal Trainer
Team Member Since: 2009

Hobbies and Achievements

- Mixed Martial Arts
- Surfing
- Running
- Living a healthy lifestyle
- Traveling



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