

Blake E.

Education & Certifications



- BS in Kinesiology from California State University Fullerton
- AED (Automated External Defibrillator)
- bodybugg® Calorie Management System Certification
- CPR Certification
- National Academy of Sports Medicine - Corrective Exercise Specialist
- National Academy of Sports Medicine - Certified Personal Trainer
- National Academy of Sports Medicine - Fitness Nutrition Specialist
- National Academy of Sports Medicine - Performance Enhancement Specialist
- National Academy of Sports Medicine - Weight Loss Specialist
- TRX Suspension Training – Certified TRX Instructor

Certified Personal Trainer
Master Trainer
Team Member Since: 2005
Sessions Serviced: 15,000 +

Hobbies and Achievements

Mountain Biking and Cycling
Skiing
Hiking
Travel
Family Time



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

Club ID: 572