

# Allen C.



**Certified Personal Trainer**  
**Team Member Since: 2012**

## Education & Certifications

- BA in Sports and Health Science from University of Hawaii Manoa
- AED (Automated External Defibrillator)
- CPR Certification
- National Academy of Sports Medicine - Performance Enhancement Specialist
- National Council on Strength and Fitness - Personal Trainer

## Hobbies and Achievements

- Surfing
- Olympic Weightlifting



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

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

Club ID: 593

