

# Rob M.



**Certified Personal Trainer**  
**Master Trainer**  
**Group X Instructor**  
**Team Member Since: 2011**  
**Sessions Serviced: 2,000 +**

## Education & Certifications

- BA in Applied Sociology/Business Services from Hawaii Pacific University
- AED (Automated External Defibrillator)
- bodybugg® Calorie Management System Certification
- CPR Certification
- National Exercise and Sports Trainers Assoc. - Personal Fitness Trainer
- TRX Suspension Training – Certified TRX Instructor

## Hobbies and Achievements

- Kodokan Judo Institute Black Belt (2000)
- Charles Gracie Jiu Jitsu Blue Belt (2012)
- Sushi and Executive Chef
- Obstacle/Mud Course Racing
- Snowboarding



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

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

Club ID: 594

