

Larry S.



Certified Personal Trainer
Team Member Since: 2010

Education & Certifications

- BS in Justice Studies from San Jose State University, Minor in Military Science
- AED (Automated External Defibrillator)
- bodybugg® Calorie Management System Certification
- CPR Certification
- National Council on Strength and Fitness - Personal Trainer
- TRX Suspension Training – Certified TRX Instructor

Hobbies and Achievements

- Power Lifting and Weight Lifting
- CrossFit
- MMA
- Playing football and basketball
- Infantry Officer in the US Army



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24hourfitness.com/personaltraining

Club ID: 601