

Chris M.



Certified Personal Trainer
Master Trainer
Fitness Manager
Team Member Since: 2017

Education & Certifications

- AED (Automated External Defibrillator)
- Cooper Institute - Biomechanics of Resistance Training
- Cooper Institute - Personal Trainer Certification
- CPR Certification
- KETTLEBELL – Certified Kettlebell Instructor
- National Academy of Sports Medicine - Fitness Nutrition Specialist
- National Academy of Sports Medicine - Performance Enhancement Specialist

Hobbies and Achievements

Playing with my dogs, Luke and Lola
4 time Ironman triathlon finisher
70 triathlons completed
Boston Marathon Qualifier
70.3 Half Ironman World Championship Qualifier



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24hourfitness.com/personaltraining

Club ID: 653