

# Brandt O.



**Certified Personal Trainer  
Team Member Since: 2013**

## Education & Certifications

- BS in Exercise Physiology from Midwestern State University
- AED (Automated External Defibrillator)
- bodybugg® Calorie Management System Certification
- CPR Certification
- National Academy of Sports Medicine - Corrective Exercise Specialist
- National Academy of Sports Medicine - Fitness Nutrition Specialist

## Hobbies and Achievements

- Running
- Weightlifting
- Squats
- Helping others
- Football



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

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

Club ID: 656