

Kyle B.



Certified Personal Trainer
Team Member Since: 2013

Education & Certifications

- AED (Automated External Defibrillator)
- CPR Certification
- National Academy of Sports Medicine - Certified Personal Trainer
- TRX Suspension Training – Certified TRX Instructor

Hobbies and Achievements

- Weight lifting
- CrossFit
- 1st place, UH Bench Press Competition, 2011
- 400m runner, 2009



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

24hourfitness.com/personaltraining

Club ID: 659