

Jon B.



Certified Personal Trainer
Master Trainer
Team Member Since: 2017

Education & Certifications

BA in Human Performance from Howard University

- AED (Automated External Defibrillator)
- American College of Sports Medicine - Certified Personal Trainer
- CPR Certification
- National Strength and Conditioning Assoc. - Certified Strength and Conditioning Specialist®

Hobbies and Achievements

1st place at the 2016 Longhorn Powerlifting Meet

Competing in Olympic weightlifting

Huge sci-fi and comic book nerd Playing video games

Entrepreneurship



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24hourfitness.com/personaltraining

Club ID: 676