

Miguel G.



Master Trainer
Fitness Manager
Certified Personal Trainer
Team Member Since: 2007
Sessions Serviced: 5,000 +

Education & Certifications

- AED (Automated External Defibrillator)
- CPR Certification
- National Academy of Sports Medicine - Corrective Exercise Specialist
- National Academy of Sports Medicine - Certified Personal Trainer
- National Academy of Sports Medicine - Fitness Nutrition Specialist
- National Academy of Sports Medicine - Performance Enhancement Specialist

Hobbies and Achievements

- Physique competitor
- Nutrition
- Gamer
- Personal growth books



For more info about this trainer,
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24hourfitness.com/personaltraining

Club ID: 697

