

# Russell P.



**Certified Personal Trainer**  
**Master Trainer**  
**Group X Instructor**  
**Team Member Since: 2010**  
**Sessions Serviced: 2,000 +**

## Education & Certifications

- MA in Criminal Justice from California State University - Long Beach
- American College of Sports Medicine - Certified Personal Trainer
- American College of Sports Medicine - Personal Trainer Certification
- CPR Certification
- National Academy of Sports Medicine - Integrated Flexibility Specialist
- TRX Suspension Training – Certified TRX Instructor

## Hobbies and Achievements

- Nature and Fitness Photography
- Trail running and Cycling
- Hiking and Adventures with Friends and Family



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

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

Club ID: 697

