

Mike L.



Certified Personal Trainer
Team Member Since: 2010

Education & Certifications

- AED (Automated External Defibrillator)
- bodybugg® Calorie Management System Certification
- CPR Certification
- National Exercise and Sports Trainers Assoc. - Personal Fitness Trainer

Hobbies and Achievements

- Martial Arts
- Outdoor activities: snow boarding, wake boarding, camping and hiking
- Traveling



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

24hourfitness.com/personaltraining

Club ID: 813

