

# Trent T.



**Certified Personal Trainer**  
**Team Member Since: 2014**

## Education & Certifications

- BS in Exercise Science from California State University, Fresno
- AED (Automated External Defibrillator)
- American College of Sports Medicine - Certified Personal Trainer
- CPR Certification

## Hobbies and Achievements

- Outdoor Activities and Any Sports
- Amateur Strongman Athlete
- Northern Nevada Strongest Man 1st place 2013 231s weight class
- Santa Cruz Strength Challenge 3rd place 2013 231s weight class
- Helping people reach their goals



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

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

Club ID: 813