

Chris H.



Certified Personal Trainer
Team Member Since: 2012
Sessions Serviced: 2,000 +

Education & Certifications

- BS in Kinesiology from University of Texas Arlington
- AED (Automated External Defibrillator)
- bodybugg® Calorie Management System Certification
- CPR Certification
- National Strength and Conditioning Assoc. - Certified Strength and Conditioning Specialist®
- National Strength and Conditioning Assoc. - Certified Personal Trainer
- TRX Suspension Training – Certified TRX Instructor

Hobbies and Achievements

- Tough Mudder Training
- Baseball
- Beach Volleyball
- Food & Wine
- Sports



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24hourfitness.com/personaltraining

Club ID: 814