

# Mike H.



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

## Education & Certifications

- AED (Automated External Defibrillator)
- bodybugg® Calorie Management System Certification
- CPR Certification
- National Academy of Sports Medicine - Certified Personal Trainer
- National Federation of Professional Trainers - Personal Trainer

## Hobbies and Achievements

- Meal Prep Using flexible dieting techniques
- Powerlifting/Bodybuilding Enthusiast
- Foodie
- Enjoying life through fitness
- Spreading the truth about Hardcore diets



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

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

Club ID: 814