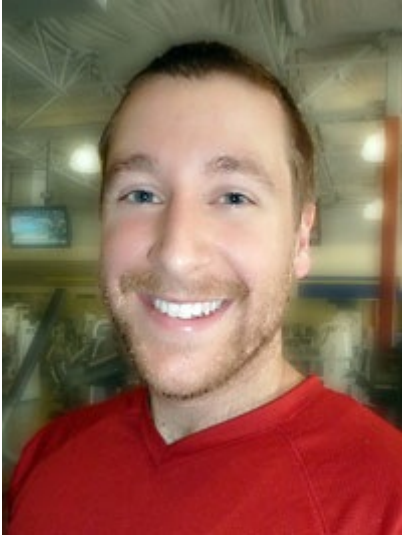


Adam L.



Master Trainer
Team Member Since: 2006
Sessions Serviced: 5,000 +

Education & Certifications

- BS in Exercise Science from Western Wyoming
- AED (Automated External Defibrillator)
- CPR Certification
- National Academy of Sports Medicine - Certified Personal Trainer
- National Academy of Sports Medicine - Performance Enhancement Specialist
- National Council on Strength and Fitness - Personal Trainer

Hobbies and Achievements

- Jeepin
- Core
- Hiking and biking



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

24hourfitness.com/personaltraining

Club ID: 854

