

Chris L.



Certified Personal Trainer
Master Trainer
Assistant Fitness Manager
Team Member Since: 2012

Education & Certifications

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

Hobbies and Achievements

- Kickboxing/Muay Thai
- Collegiate football 1998, 1999
- National Football Foundation: Scholar-Leader-Athlete Award 1997
- Mountain biking



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24hourfitness.com/personaltraining

Club ID: 888

