

Ben B.



Certified Personal Trainer
Team Member Since: 2012

Education & Certifications

- AED (Automated External Defibrillator)
- CPR Certification
- National Exercise and Sports Trainers Assoc. - Personal Fitness Trainer
- TRX Suspension Training – Certified TRX Instructor

Hobbies and Achievements

- On weekends I love playing or watching pick up football games.
- I coach football and enjoy teaching the fundamentals and good sportsmanship.
- I enjoy strength and conditioning to improve athletic game on and off the field.
- I love a tough hike and enjoying the great scenery at the top.
- I am an avid football fan and I am faithful to my Raiders!



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

24hourfitness.com/personaltraining

Club ID: 895