

Ben M.



Certified Personal Trainer
Team Member Since: 2013
Sessions Serviced: 2,000 +

Education & Certifications

- AED (Automated External Defibrillator)
- CPR Certification
- National Academy of Sports Medicine - Corrective Exercise Specialist
- National Academy of Sports Medicine - Certified Personal Trainer
- National Academy of Sports Medicine - Performance Enhancement Specialist

Hobbies and Achievements

- I have medaled and won several Brazilian Jiu Jitsu tournaments
- Competed in various obstacle course endurance races
- Basketball is my first love. I started when I was 5 and still play today
- Laguna Seca is my favorite race track, I have raced on it and visit often.
- The Los Angeles Clippers are my favorite team.



For more info about this trainer,
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24hourfitness.com/personaltraining

Club ID: 895