

Rob W.



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

- When I am not training, I write and play music in my band.
- I've done over 1,000 concerts in over 20 countries around the world.
- I challenge myself with high-intensity workouts that include Olympic lifts.
- I trained in the Krav Maga fighting system and was an instructor.
- I played hockey, lacrosse, basketball, and ran cross country in school.



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24hourfitness.com/personaltraining

Club ID: 895