

James T.



**Certified Personal Trainer
Team Member Since: 2017**

Education & Certifications

- AED (Automated External Defibrillator)
- CPR Certification
- PTA Global - PTA Global PT Certification

Hobbies and Achievements

High School Varsity Football Basketball Track and Field Coach
12th National rank USA Powerlifting 2004
California State Champion and Record holder USA Powerlifting 2010
Spending time with my Family
CPR AED First Aid Certified



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24hourfitness.com/personaltraining

Club ID: 921

