

# 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](https://24hourfitness.com/personaltraining)

Club ID: 921

