

David R.

Education & Certifications

- BA in Physical Education
- AED (Automated External Defibrillator)
- bodybugg® Calorie Management System Certification
- CPR Certification
- National Academy of Sports Medicine - Certified Personal Trainer
- National Council on Strength and Fitness - Personal Trainer
- National Strength and Conditioning Assoc. - Certified Strength and Conditioning Specialist®



Certified Personal Trainer
Master Trainer
Team Member Since: 1997
Sessions Serviced: 2,000 +

Hobbies and Achievements

- Ocean Fishing and Diving
- Cycling
- Volunteer - Animal Rescue



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