

# Randall F.



**Certified Personal Trainer**  
**Team Member Since: 2012**

## Education & Certifications

- AED (Automated External Defibrillator)
- bodybugg® Calorie Management System Certification
- CPR Certification
- National Personal Training Institute of Colorado - Personal Training Certification

## Hobbies and Achievements

- Water strength training
- Semi Pro Football for 3 yrs with Lake County Cowboys
- Plyometric and core strength training
- Sports performance training



For more info about this trainer,  
scan this code with your smart phone or visit:

[24hourfitness.com/personaltraining](http://24hourfitness.com/personaltraining)