

Ryan Y.

Education & Certifications

- BA in Public Health from University of California-Berkeley
- AED (Automated External Defibrillator)
- CPR Certification
- KETTLEBELL – Certified Kettlebell Instructor
- National Academy of Sports Medicine - Corrective Exercise Specialist



Certified Personal Trainer
Team Member Since: 2013

Hobbies and Achievements

- Currently Training for 2016 Olympic Team in the Javelin
- 2012 Olympic Track & Field Team Trials participant
- University of California school Record Holder in the Javelin
- University of California assistant Coach 2010-2013



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Club ID: 084

