

Juan R.



Certified Personal Trainer
Team Member Since: 2012

Education & Certifications

- AED (Automated External Defibrillator)
- CPR Certification
- National Exercise and Sports Trainers Assoc. - Personal Fitness Trainer

Hobbies and Achievements

- I enjoy strength training as well as MMA training
- Reading fitness/nutrition articles and books
- I also enjoy trying out different types of workouts that I find interesting
- I have earned awards for football both in high school and college(06-07)



For more info about this trainer,
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