

# Darius R.



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

## Education & Certifications

- BS in Kinesiology from East Texas Baptist University
- AED (Automated External Defibrillator)
- CPR Certification
- National Exercise and Sports Trainers Assoc. - Personal Fitness Trainer

## Hobbies and Achievements

- 2010 Air Force Basic Training Physical Fitness Award
- NPC Mens Physique Competitor
- Hobbies: working out, football, spending time with family
- Research current fitness trends and topics



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