

# James R.



**Certified Personal Trainer**  
**Team Member Since: 2011**

## Education & Certifications

- BA in Psychology from Southeast Missouri State University
- AED (Automated External Defibrillator)
- CPR Certification
- International Sports Sciences Assoc. - Personal Trainer Certification
- TRX Suspension Training – Certified TRX Instructor

## Hobbies and Achievements

- Martial Arts
- Body building
- Music



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