## Rick N.

## **Education & Certifications**

- BA in Physical Education from California State University San Diego
- AED (Automated External Defibrillator)
- CPR Certification
- National Academy of Sports Medicine Corrective Exercise Specialist
- National Academy of Sports Medicine Certified Personal Trainer
- National Academy of Sports Medicine Performance Enhancement Specialist
- National Federation of Professional Trainers Personal Trainer



Certified Personal Trainer Team Member Since: 2009 Sessions Serviced:2,000 +

## **Hobbies and Achievements**

- TRX certified
- Golf Coaching and Instruction
- Sports Specific Development Programs



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