

# Michael R.



**Certified Personal Trainer**  
**Team Member Since: 2013**

## Education & Certifications

- AED (Automated External Defibrillator)
- American College of Sports Medicine - Certified Personal Trainer
- CPR Certification

## Hobbies and Achievements

- Placed 3rd in State Freestyle Wrestling, 2009
- Working out
- Crossfit
- Mixed martial arts



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