

Ryan T.



Certified Personal Trainer
Team Member Since: 2011

Education & Certifications

- BS in Exercise Science from University Of Houston
- AED (Automated External Defibrillator)
- American Council on Exercise - Personal Trainer Certification
- bodybugg® Calorie Management System Certification
- CPR Certification
- National Strength and Conditioning Assoc. - Certified Strength and Conditioning Specialist®
- TRX Suspension Training – Certified TRX Instructor

Hobbies and Achievements

- Family
- Movies
- Martial Arts & boxing
- Hunting & fishing
- Weightlifting



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