

# Rich L.

## Education & Certifications

- BA in General Studies from Western Washington University
- AED (Automated External Defibrillator)
- CPR Certification
- National Academy of Sports Medicine - Certified Personal Trainer



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

## Hobbies and Achievements

- Muay Thai Kickboxing
- Mixed Martial Arts
- Recreational Basketball
- Flag Football



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