

# Joseph R.



**Certified Personal Trainer**

## Education & Certifications

- AED (Automated External Defibrillator)
- CPR Certification
- National Exercise and Sports Trainers Assoc. - Personal Fitness Trainer
- TRX Suspension Training – Certified TRX Instructor

## Hobbies and Achievements

- Bodybuilding
- USPA Powerlifting
- Boxing
- MMA



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